

Power²

Athletic Performance®

PowerHockey

Power Hockey is an eight-week preseason training program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists® to improve the key athletic principles for the sport of hockey in a dry-land training environment. Power Hockey training sessions include:

Speed Training

Gain that breakaway speed you've been looking for. Research has demonstrated a high correlation between over-the-ground sprinting speed and on-ice skating speed. The dry-land training program at Power² Athletic Performance will help you improve your on-ice speed through a progressive plyometric and acceleration training program.

Power Training

Develop power in your stride and an explosive shot. In hockey, power is expressed in shooting, passing, skating and checking. The comprehensive power training program at Power² Athletic Performance will give you the skills necessary to skate over or around your competition.

Strength Training

Be a force in the slot. Learn and perfect the strength training exercises college and professional players are using to improve their on-ice performance. Our progressive athletic strength training program is designed by a Certified Strength and Conditioning Specialist® to develop your skating muscles and increase your whole body power.

Endurance Training

Give 100% every shift. The energy systems required for hockey athletes are different than those for other sports. Power Hockey will train your body to recover faster between shifts so each time on the ice you have the energy to give it your all.

Other Training Options:

- Individual Training
- Team Power Hockey Training
- 20 week Total Performance Training
- Strength & Power Training

UWHealth

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