



Hockey Off-Season

Training Program

Stay Ahead of the Competition:
Off-Season Hockey Training Built
for Champions



BST OFF-SEASON TRAINING PROGRAM

This off-season, take the opportunity to grow, recover, and dominate on the ice with our specialized hockey training programs. Whether you're looking to recharge your body or develop elite strength and conditioning, we have a program tailored to your goals.

Program Options:

1. Rebuild & Restore (1hr sessions)
2. Strength, Power & Conditioning (1hr / 1.5 hr sessions)

Age Categories:

- U12-U14
- U15 and Older

Athletes will be grouped based on age, level of play, and their preferred training time. This ensures every participant receives a customized training experience in a supportive, high-energy environment.

Why Choose Us?

Our certified personal trainers are passionate about helping hockey players reach their full potential. Through proven training methods and working with organizations such as York Simcoe Express, Newmarket Minor Hockey & the Upper York Admirals - we focus on providing in depth programming to ensure long-term development to help you take your game to new heights.

This is your chance to outwork the competition and set yourself apart. Let's make this off-season the turning point in your hockey career!



BST OFF-SEASON TRAINING PROGRAM

Program 1: Rebuild and Restore

Duration: 5 weeks (May 27, 2025 – June 26, 2025)

Schedule: Tuesday, Wednesday, and Thursday

Time: 4PM, 5PM, 6PM (1 hr sessions)



Goal 1: Restore

- Focus: Address any lingering injuries, correct muscular imbalances, and restore joint mobility to prepare for higher-intensity training.
 - Prioritize mobility and flexibility work for the hips, ankles, and thoracic spine.
 - Incorporate unilateral strength exercises like Bulgarian split squats and single-leg Romanian deadlifts to fix imbalances.
 - Use light to moderate weightlifting with controlled tempos to rebuild stability and improve connective tissue strength.



Goal 2: Building Strength and Structural Balance

- Focus: Lay a strong foundation of strength and balance to handle heavier loads and explosive movements.
 - Emphasize compound lifts and exercises to help athletes build strength with proper technique
 - these movements will vary depending on the age of the athlete (ie. U15+ athletes will focus on movements such as trap bar deadlifts, front squats, & bench press)
 - Incorporate core stability exercises to improve power transfer, such as:
 - Anti-rotation holds
 - Paloff presses
 - Begin with higher repetitions (8–12) at moderate intensity and progressively increase load over time.



Goal 3: Maintaining Fitness and Energy System Recovery

- Focus: Improve energy system recovery and maintain baseline fitness for offseason conditioning.
 - Gradually reintroduce anaerobic conditioning closer to the offseason, such as:
 - 10-second sprints on the bike
 - Sled pushes
 - Avoid excessive fatigue by balancing training volume with recovery needs.

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Program 2: Strength, Power & Conditioning

Duration: 8 weeks - 2 x 4 week blocks (June 30, 2025 – August 22, 2025)

Schedule:

Ages **U12-U14:** Tuesday, Wednesday & Thursday

Times: 11AM, 12PM, 1PM / 4PM, 5PM, 6PM (1 hr sessions)

Ages **U15 and up:** Monday-Friday

Times: 11AM or 12:30PM / 4PM or 5:30PM (1.5 hr sessions)



Goal 1: Hockey-Specific Strength and Power

Focus: Build explosive strength and power essential for skating, shooting, and physical play.

- Utilize full-body compound lifts like squats, deadlifts and split squats to enhance strength and stability.
- Incorporate plyometric movements, such as broad jumps and depth jumps, to develop on-ice explosiveness.
- Strengthen core stability with exercises like Pallof presses and hanging leg raises to improve power transfer and balance.



Goal 2: Speed, Agility, and Conditioning

Focus: Improve first-step quickness, change of direction, and game-specific conditioning.

- Develop acceleration and agility using sprints, ladder drills, and shuttle runs.
- Include lateral movements like cone drills and lateral bounds to mimic hockey-specific skating patterns.
- Build anaerobic capacity with high-intensity intervals and sled pushes to prepare for the demands of game shifts.



Goal 3: Injury Prevention and Recovery

Focus: Reduce injury risk and maintain long-term durability through mobility and balance work.

- Address muscular imbalances with unilateral exercises like single-leg Romanian deadlifts.
- Restore joint mobility and flexibility in key areas such as the hips, ankles, and thoracic spine.
- Incorporate controlled-tempo movements and recovery-focused sessions to rebuild stability and improve connective tissue strength.

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How to Get Started

Step 1: Apply Online

Starting March 31, 2025 - May 25, 2025, applications for our Off-Season Hockey Training Programs will be available on our website. Simply fill out the application form to provide us with key details about the athlete, including:

- Age
- Level of play
- Organization
- Preferred time slot
- Training History

Step 2: Reserve Your Spot

A \$200 deposit is required at the time of application to secure your spot. This deposit will be applied to the total cost of the training package you select. Payment can be made securely through our website.

Step 3: Age/Hockey Level Specific Scheduling

To ensure athletes receive targeted training alongside peers at a similar stage & level of hockey development. Athletes will be divided as follows:

- U12-U14: Dedicated training sessions tailored to younger athletes.
- U15 and Above: Advanced sessions designed for older athletes preparing for higher levels of play.

Our team will contact you with your session time within your availability!



BST OFF-SEASON TRAINING PROGRAM

Price List

U12 - U14 PROGRAMS

PROGRAM 1: REBUILD & RESTORE

\$400 + TAX

PROGRAM 2: STRENGTH, POWER, CONDITIONING

\$625 + TAX

***BOTH PROGRAMS: \$925 +TAX**

(10% off when purchased together)

U15 - U18 + PROGRAMS

PROGRAM 1: REBUILD & RESTORE

\$400 + TAX

PROGRAM 2: STRENGTH, POWER, CONDITIONING

5 day option: \$1525 + TAX

3 day option: \$925 + TAX

BOTH PROGRAMS: *(10% off when purchased together)

5 day option: \$1735 +TAX

3 day option: \$1195 +TAX

