

Application and Implementation of Dry Land Hockey Drills for Hip Rehabilitation

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Dry land training for hockey places emphasis on training the core and hips with a multi directional approach, focusing on proper muscle sequencing and postural control. Each exercise is performed to improve core stability, glute activation and single leg stability. The programming starts with glute and core activation, progresses to single leg plyometrics with a stability emphasis and then moves to strength training.

Warm Up:

- Prone Plank
- Side Plank
- Clam Shell
- Band Resisted Supine Knee Drive
- Lateral Band Walk
- Leg Lock Hip Bridge

Plyometrics:

- 90® Rotational Box Jump
- Single Leg Box Jump
- Single Leg 90® Rotational Bound
- 45® Diagonal Bound

Strength Training:

- Barbell Hip Bridge
- KB Single Leg Squat to Bench
- Lateral Slider Lunge
- Rotational Slider Lunge
- Single Leg RDL
- Single Leg SB Leg Curl
- Band Resisted Donkey Kick
- Split Stance Chop/ Lift
- Standing Core Press