THE 12-WEEK SPEED & AGILITY PROGRAM

BUILT FOR HOCKEY PLAYERS 12 AND UP

The off-ice work we run with the hockey players in the Academy. Three phases, three sessions a week, and a short list of gear. No gym required.

12	3	4
WEEKS	PER WEEK	NUMBERS TRACKED

WHAT YOU NEED

- 6 to 8 cones, or anything that works as a marker
- One resistance band
- About 30 metres of open space, indoors or out
- A phone stopwatch and a tape measure for test days

HOW TO RUN IT

- Three sessions a week, 45 to 60 minutes each, with at least 48 hours between them.
- Sprint and jump work goes first, while you are fresh. Speed trained tired is just conditioning.
- Full rest means full rest. Walk back, breathe, then go again.
- Week 4, 8 and 12 are lighter on purpose. That is where the adaptation actually shows up.
- If something hurts, stop that exercise and tell a coach or a parent. Sore the next day is normal, sharp pain during is not.
- This program runs alongside a season, not on top of a full practice day. If it is a game day, skip it.

THE TRAINING WEEK

MON	TUE	WED	THU	FRI	SAT	SUN
Day A	**Off or light skate**	**Day B**	**Off or light skate**	**Day C**	**Off**	**Off**

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Do the four tests before session one. Write the numbers down. Retest at the end of weeks 4, 8 and 12. Without a number from week one, week twelve is just a feeling.

WARM-UP

EVERY SESSION

Same every session, all 12 weeks. Do not skip it. Cold tissue is where pulls come from.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Easy jog or skip Nose breathing. You should be able to talk the whole time.	2 min	2 min	2 min	2 min
Leg swings, front-to-back and side-to-side Hold something for balance. Swing from the hip, not the low back.	10 each way	10 each way	10 each way	10 each way
World's greatest stretch Elbow to the inside of the front ankle, then open the chest to the sky.	5 per side	5 per side	5 per side	5 per side
Ankle rocks against a wall Knee travels straight over the middle toe. Heel stays glued down.	10 per side	10 per side	10 per side	10 per side
Glute bridge Ribs down, squeeze at the top for one second. You should feel glutes, not hamstrings.	12 reps	12 reps	12 reps	12 reps
A-skip Tall posture, toe up, drive the knee then punch the foot straight down.	2 x 15m	2 x 15m	2 x 15m	2 x 15m
Build-up runs These wake up the nervous system. The second one should feel quick, not maximal.	2 x 20m at 60% then 80%	2 x 20m at 60% then 80%	2 x 20m at 60% then 80%	2 x 20m at 60% then 80%

COOL-DOWN

EVERY SESSION

Five minutes. This is where the next session's quality gets protected.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Easy walk Let the breathing come all the way back down before you stretch anything.	3 min	3 min	3 min	3 min
Couch stretch (hip flexor) Squeeze the glute on the stretching side. That is what makes it work.	45s per side	45s per side	45s per side	45s per side
Figure-4 glute stretch Breathe out and let the knee drop. Do not force it.	45s per side	45s per side	45s per side	45s per side
Standing hamstring reach Flat back, hinge from the hip. A rounded spine is not a hamstring stretch.	30s per side	30s per side	30s per side	30s per side

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01 FOUNDATION & MECHANICS

WEEKS 1 TO 4

Teach the positions before we ask for speed. Every drill in this phase is about where the body goes, not how fast it gets there.

What you should notice: By week 4 the first three steps out of a stance stop looking like a scramble, and landings go quiet.

DAY A ACCELERATION MECHANICS

The first five metres decide most races to a puck. This day is spent entirely on the shape of those five metres.

MAIN WORK

WEEKS 1 TO 4

Full rest between sprint reps. Walk back to the start, then wait until you are breathing normally.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Wall drive hold Hands on the wall, body in one straight line from ear to heel. Front knee up, toe up, heel up.	3 x 20s per leg	3 x 25s per leg	3 x 30s per leg	2 x 20s per leg
Wall drive march Switch legs slowly and land on the ball of the foot underneath your hip. No reaching out front.	3 x 10 per leg	3 x 12 per leg	3 x 12 per leg	2 x 10 per leg
Falling start to 10m Lean until you have to run. Let the fall start the sprint, do not step first.	4 reps	5 reps	6 reps	3 reps
Three-point start to 10m Push the ground away behind you. Stay low for the first four steps, then let yourself rise.	4 reps	5 reps	6 reps	3 reps
Band-resisted march Band around the waist, partner or fixed anchor behind. Slow and deliberate. This is a posture drill.	3 x 10 per leg	3 x 12 per leg	3 x 12 per leg	2 x 10 per leg

TRUNK

WEEKS 1 TO 4

The trunk is what stops the force leaking out sideways. Quality over reps.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Dead bug Low back stays flat on the floor the whole time. If it lifts, shorten the reach.	3 x 8 per side	3 x 10 per side	3 x 10 per side	2 x 8 per side
Side plank Hips stacked and pushed forward. Do not let the top hip roll back.	3 x 20s per side	3 x 25s per side	3 x 30s per side	2 x 20s per side

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DAY B DECELERATION & LANDING

Nobody trains stopping, and stopping is where knees get hurt. Learning to absorb force is also what lets you produce it later in the block.

MAIN WORK

WEEKS 1 TO 4

Every jump in this phase ends in a stuck landing. Hold it for a full second before the next rep.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Pogo hops Stiff ankles, minimal knee bend. You are bouncing off the floor, not squatting.	3 x 10	3 x 12	3 x 15	2 x 10
Snap-down to athletic position From tall on the toes, snap down hard into a quarter squat and freeze. Feet should land silently.	3 x 5	3 x 6	3 x 6	2 x 5
Broad jump to stick Land in the same shape every time and hold three seconds. If you have to step, you jumped too far.	4 x 3	4 x 3	5 x 3	3 x 2
Lateral bound to stick Push off the outside leg, land on the opposite leg and freeze. Knee tracks over the toe.	3 x 3 per side	3 x 4 per side	4 x 4 per side	2 x 3 per side
Split squat Back knee straight down to the floor. Torso stays upright, front heel stays down.	3 x 8 per leg	3 x 10 per leg	3 x 12 per leg	2 x 8 per leg

TRUNK & SHOULDERS

WEEKS 1 TO 4

EXERCISE	WK 1	WK 2	WK 3	WK 4
Band pull-apart Arms straight, pull the band to your chest, squeeze the shoulder blades. Slow on the way back.	3 x 12	3 x 15	3 x 15	2 x 12
Bird dog Imagine a glass of water on your low back. Nothing spills.	3 x 8 per side	3 x 10 per side	3 x 10 per side	2 x 8 per side

DAY C CHANGE OF DIRECTION & TEMPO

Cutting is deceleration plus a re-plant plus acceleration. This day walks through it slowly before it is ever run fast.

MAIN WORK

WEEKS 1 TO 4

Set two cones 5m apart for the box drill and 5m either side of a middle cone for the 5-10-5.

EXERCISE	WK 1	WK 2	WK 3	WK 4
5-10-5 walkthrough Get low before the cone, not at it. Plant the outside foot past your centre of mass.	4 reps at walking pace	4 reps at 50%	4 reps at 75%	2 reps at 50%
Box drill, 5m sides Sprint, shuffle, backpedal, shuffle. Face the same direction the whole way around.	4 reps	5 reps	6 reps	3 reps
Two-cone quick feet Cones 1m apart. Short, fast, choppy steps. Stay on the balls of the feet.	4 x 10s	4 x 12s	5 x 12s	3 x 10s
Tempo runs, 40m 45 seconds rest between reps. Relaxed face, relaxed hands. This builds the tissue that tolerates sprinting.	6 reps at 70%	7 reps at 70%	8 reps at 70%	4 reps at 70%

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02 POWER DEVELOPMENT

WEEKS 5 TO 8

Now that the positions hold up, we make them forceful. This phase is about how hard you can push the ground and how fast you can do it.

What you should notice: By week 8 the broad jump and the lateral bound should both be measurably longer than they were in week 1.

DAY A LINEAR POWER

Straight-line force production. Bounding is the centrepiece because it teaches the leg to accept and return force in one motion.

MAIN WORK

WEEKS 5 TO 8

Full rest between sprint and bound sets. If the reps are getting slower, the set is over.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Three-point start to 20m First four steps low and long, then let the body rise on its own. Do not pop up early.	6 reps	6 reps	8 reps	4 reps
Band-resisted sprint, 15m Band at the waist with a partner holding. Lean into it. The resistance should slow you, not stop you.	4 reps	5 reps	6 reps	3 reps
Bounding for distance, 20m Exaggerated running. Cover the most ground in the fewest contacts. Count your steps and try to reduce them.	4 reps	5 reps	6 reps	3 reps
Single-leg RDL Hips square, back flat, reach the free leg straight behind you. Slow down, quick up.	3 x 8 per leg	3 x 10 per leg	3 x 10 per leg	2 x 8 per leg
Single-leg glute bridge Drive through the heel. Hold one second at the top. Hips stay level side to side.	3 x 10 per leg	3 x 12 per leg	3 x 15 per leg	2 x 10 per leg

TRUNK

WEEKS 5 TO 8

EXERCISE	WK 1	WK 2	WK 3	WK 4
Hollow body hold Low back pressed into the floor. If it lifts, bring the arms and legs closer in.	3 x 20s	3 x 25s	3 x 30s	2 x 20s

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DAY B MULTI-DIRECTIONAL POWER

Hockey is played sideways as much as forwards. This is the day that builds the push-off leg and protects the groin.

MAIN WORK

WEEKS 5 TO 8

EXERCISE	WK 1	WK 2	WK 3	WK 4
Lateral bound for distance Mark where you land and try to beat it. Still a stuck landing, no extra step.	4 x 3 per side	4 x 4 per side	5 x 4 per side	3 x 3 per side
Continuous skater bound Side to side without pausing. Reach with the outside arm. This one should feel like a stride.	3 x 6 per side	3 x 8 per side	4 x 8 per side	2 x 6 per side
Crossover step-out Open the hip and cross the trail leg over. This is the first step of every puck battle you win.	3 x 5 per side	3 x 6 per side	3 x 6 per side	2 x 5 per side
45-degree cut drill Sprint 5m, plant the outside foot, cut at 45 degrees, sprint 5m out. Eyes up through the cut.	6 reps per side	8 reps per side	8 reps per side	4 reps per side
Band lateral walk Band above the knees, quarter squat, small steps. Feet never come together.	3 x 10 per side	3 x 12 per side	3 x 15 per side	2 x 10 per side

GROIN & TRUNK

WEEKS 5 TO 8

The Copenhagen plank is in here on purpose. It is one of the few things shown to cut groin injuries in hockey and soccer players.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Copenhagen plank, knee-bent version Top leg on a bench or chair, bottom leg off the floor. Start with the knee version. Do not rush to the long-lever one.	3 x 15s per side	3 x 20s per side	3 x 25s per side	2 x 15s per side
Side plank with reach-through Rotate under, then open all the way back up. Hips stay high the whole set.	3 x 8 per side	3 x 10 per side	3 x 10 per side	2 x 8 per side

DAY C SPEED ENDURANCE

The point of this day is being as fast on the last shift as on the first. Rest periods are shorter here, and that is deliberate.

MAIN WORK

WEEKS 5 TO 8

EXERCISE	WK 1	WK 2	WK 3	WK 4
Flying 10s 20m to build up, then 10m at full speed, then ease out. Full rest. This is the fastest you will run all week.	6 reps	6 reps	8 reps	4 reps
5-10-5 shuttle 60 seconds rest between reps. Touch the line with your hand every time.	5 reps	6 reps	6 reps	3 reps
Tempo runs, 40m 45 seconds rest. Stay relaxed. If your form breaks down, stop the set early.	8 reps at 70%	8 reps at 75%	10 reps at 75%	5 reps at 70%

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03 SPEED & PERFORMANCE

WEEKS 9 TO 12

Everything built so far gets pointed at top-end speed and at reacting to something that is actually moving.

What you should notice: Week 12 is a full retest against week 1. That comparison is the whole point of the block.

DAY A MAXIMUM VELOCITY

Top speed is a separate quality from acceleration and it has to be trained on its own, fresh, with long rest.

MAIN WORK

WEEKS 9 TO 12

This is the highest-intensity day of the whole program. Full recovery between every rep, no exceptions.

EXERCISE	WK 1	WK 2	WK 3	WK 4
A-skip and B-skip The B-skip adds a paw-back at the end. Foot strikes underneath you, not out in front.	2 x 20m each	2 x 20m each	2 x 20m each	2 x 20m each
Cone runs, 1.2m spacing Lay cones in a line and sprint through so each foot lands between them. Forces a tall, cycling stride.	4 x 20m	5 x 20m	6 x 20m	3 x 20m
Flying 20s 20m build, 20m all out. Take two to three minutes between reps. Slower reps do not count.	6 reps	6 reps	8 reps	4 reps
Sprint-float-sprint 20m hard, 20m relaxed but still fast, 20m hard. Learning to relax at speed is the skill here.	4 reps	5 reps	6 reps	3 reps
Single-leg pogo Stiff ankle, quick off the floor. Minimum ground contact time.	3 x 8 per leg	3 x 10 per leg	3 x 10 per leg	2 x 8 per leg

DAY B REACTIVE & GAME SPEED

Every drill so far has been on a whistle you controlled. This day removes that, because a game never tells you when to go.

MAIN WORK

WEEKS 9 TO 12

Needs a partner for most of this. A parent, a sibling or a teammate all work.

EXERCISE	WK 1	WK 2	WK 3	WK 4
Mirror drill Partner moves side to side inside a 5m box, you mirror them. Stay in an athletic stance the whole time.	6 x 5s	6 x 6s	8 x 6s	4 x 5s
Reaction start to 10m Partner drops a ball or calls a direction. You go when it happens, not when you expect it.	8 reps	8 reps	10 reps	5 reps
5-10-5 at full effort Time these. Full rest between them. This is a test rep every time you run it.	4 reps	4 reps	5 reps	2 reps
Crossover into sprint Start facing sideways, crossover step, then sprint 15m. Hips open first, then the feet follow.	4 per side	5 per side	6 per side	3 per side

TRUNK

WEEKS 9 TO 12

EXERCISE	WK 1	WK 2	WK 3	WK 4
Pallof press with band Band anchored at chest height to your side. Press straight out and refuse to rotate.	3 x 10 per side	3 x 12 per side	3 x 12 per side	2 x 10 per side

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DAY C INTEGRATION & REPEAT SPRINT

Everything together, in the shape a shift actually takes. Week 12 replaces this session with the final test.

MAIN WORK

WEEKS 9 TO 12

EXERCISE	WK 1	WK 2	WK 3	WK 4
Agility circuit Box drill, then 45-degree cuts, then a 5-10-5, back to back. 90 seconds between rounds.	3 rounds	4 rounds	4 rounds	2 rounds
Repeat sprint, 20m Sprint 20m, walk back, go again when the clock says so. Track your slowest rep and try to raise it.	8 reps on 30s	10 reps on 30s	10 reps on 25s	5 reps on 30s

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04 TEST RESULTS

WEEKS 1, 4, 8 AND 12

Four numbers, measured the same way every time. Same surface, same shoes, same person holding the stopwatch.

TEST	MEASURES	WEEK 1	WEEK 4	WEEK 8	WEEK 12
10 metre sprint Two cones 10m apart, three-point start, best of three with full rest. Phone stopwatch is fine as long as the same person times every session.	Acceleration				
5-10-5 shuttle Three cones 5m apart. Start in the middle, sprint 5m right, 10m left, 5m back. Best of three.	Change of direction				
Standing broad jump Feet behind a line, two-foot take-off and landing. Measure to the back of the heel. Best of three.	Horizontal power				
Single-leg hop for distance One hop off each leg, measured separately. A gap of more than 10% between sides is worth mentioning to a coach.	Left-to-right balance				

A note for parents. Sore the day after is normal. Sharp pain during a movement is not. If something hurts, stop that exercise and tell a coach. Questions about the program, or about getting your athlete into the room in Oshawa: trevor@takecontroltraining.com

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