



Off-Season  
Development  
Program  
2026

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Abreviations		Conditioning Ideas
Alt. = Alternating	Lat = Lateral	Tempo Runs (15 Sec Sprint, 30 Sec Recovery Jog)
AMRAP = As Many Reps As Possible	MB = Medicine Ball	Liners
BB = Barbell	Min = Minute	Assault Bike Intervals (15 Sec Fast, 30 Sec Recovery)
BW = Body Weight	OH = Overhead	Hill Runs
Con. = Concentric	RDL = Romanian Deadlift	Sled Pushes / Drags
DB = Dumbbell	RFE = Rear Foot Elevated	Line Hops (Forward / Back / Side To Side)
DL = Deadlift	Rot. = Rotation	Jump Rope (1 Min Intervals)
Ea. = Each Side	SA = Single Arm	Burpees (1 Min Intervals)
Ecc = Eccentric	SL = Single Leg	Ab Exercises (V-Ups, Tuck-Ups, Flutter Kicks, Scissor Kicks, Hollow Ho
Ext. = Extension	SS = Split Squat	Planks (1 Min Intervals)
FR = Front Rack	SQ = Squat	Mountain Climbers
KB = Kettlebell		Ladder Drills
		Weighted Lunge Walks (20 Yards Minimum)
Active Rest Ideas		Recovery Ideas
Go On A Hike		Get 8–10 hours of sleep
Slide Board		Stay hydrated throughout the day
Swimming		Prioritize protein + carbs; Include fruits/veggies for nutrients
Shooting Pucks		Relaxation / quiet time (no phone)
Yoga		Getting outside (sunlight + fresh air)
Touch Grass		Stretching (post-workout or before bed)
Play Another Sport		Cold plunge / Sauna
Ride a Bike		Foam rolling
Golf		Mobility flow (10–20 minutes)
Surfing		Massage (or use a massage gun)
Pickleball		Light band work
Optional Additional Work		
<b>Open Gym Times (free): Monday, Thursday, &amp; Friday:</b>		
available for 14 years of age and older 04:00 - 05:00 pm		
<b>Sunday:</b>		
Self-run with coach supervision 08:00 - 09:00 am		
12:30 - 02:00 pm		
<b>Optional Speed Class (additional charge) Monday:</b>		
available for 9 years of age and older 08:15 - 08:45 pm		
<b>Tuesday - Thursday:</b>		
06:30 - 07:00 am		
07:00 - 07:30 am		
07:30 - 08:00 am		
<b>Saturday:</b>		
09:00 - 09:30 am		
09:30 - 10:00 am		
01:00 - 01:30 pm		
01:30 - 02:00 pm		
<b>Sunday:</b>		
11:30 - 12:00 pm		
12:00 - 12:30 pm		
<b>Optional Speed / Strength Class (additional charge): Saturday:</b>		
available for 11 years of age and older 10:00 - 11:30 am		
02:00 - 03:30 pm		
Classes will be directly related to the Off-Season Development <b>Sunday:</b>		
program 10:00 - 11:30 am		
<b>Optional Strength Class (additional charge): Saturday:</b>		
available for 11 years of age and older 11:30 - 12:30 pm		
03:30 - 04:30 pm		
Classes will be directly related to the Off-Season Development <b>Sunday:</b>		
program 09:00 - 10:00 am		
<b>Additional Class Registration Link</b>		
will be sent out to your spring registration emails		
<b>Private Training for Jr Sharks Program (additional charge)</b>		
reach out or speak to individual coaches		
<b>VALD results consulting (additional charge)</b>		
contact Shane: sgaviz@sharksice.com		

## Things to keep in mind

**Program Purpose:**

- Spring Development is designed to help each athlete push themselves, build strength and speed, and develop the self-discipline needed to prepare for the upcoming season.

**Training Expectations:**

- Coaches will lead scheduled dryland training sessions each week to teach proper technique, intent, and execution.
- Athletes are responsible for completing the remaining workouts and active recovery on their own time.

**Strength Training Guidelines:**

- Track your weights each week by filling in the orange columns.
- If you are able to complete all reps with good form and minimal struggle, increase the weight on the next set.
- At the start of each new week, begin with the weight you finished with the previous week, and continue to progress if you are able.
- Focus on quality of movement first, then increase weight.

**Conditioning Guidelines:**

- All conditioning should be done using interval training.
- Recommended work:rest ratios range from 1:1 to 1:5 depending on the workout. (i.e., work for 1 min, rest for 3 mins)

<b>Build Your Own Warmup</b>		
	Exercise	Distance/Time/Reps
<b>Raise</b> Pick at least 3	Shuffle Right & Left	20 yd Ea
	Carioca Right/Left	20 yd Ea
	Skip Fwd/Backward	20 yd Ea
	Z Shuffle Fwd/Back	20 yd Ea
	Backpedal	2x20yd
	Jump Rope	4 Footworks, 30s ea
<b>Activate</b> Pick at least 1 each color	Lateral Lunge	x5ea
	Side Plank	x10s ea
	X Under Lunge	x5ea
	Yoga Pushup + Reach	x4ea
	Left/Right Bear Crawl	10 yds each
	Pushup Position Shoulder Taps	x10ea
	Mini Band Lateral walks	10 yds each
	Mini Band March	x5ea
	SL Glute Bridge	x5ea
<b>Mobilize</b> Pick 2 Teal at least 1 White and 1 Orange	90/90 Hip Rotation	x5ea
	Seated Knee Drop	x5ea
	1/2 Kneeling Groin Rocker Stretch	x5ea
	Groiner + Rotation	x5ea
	Open Book	x5ea
	Squat to T Spine Rotation	x5ea
	1/2 Kneeling Wall T-Spine Rotation	x5ea
	Cat-Cow	x8
	1/2 Kneeling Hip Flexor Series	x10-20s ea
Chest Opener	x20 total	
<b>Potentiate</b> Pick 5	Skater Jump to Stick	x6ea
	Single Leg RDL to 3 Step Burst	x2 ea Leg
	Lateral Lunge to Burst	x2 ea way
	Lateral Push to Move	x6ea
	Rotational Broad Jump	x3ea
	Skater Jump with Forward Travel	x6ea
	Lateral 1/2 Kneeling Sprint Start	x2ea
	Sprints	2x 10 yards
	Partner Line Push (R/L/Back to Back)	1x7 sec each
	Shuffle Mirror with Partner	1x Leader + 1x Follower

Day 1		
Activity	Sets	Reps
<b>Warm up</b>		
Stretch: Movement (Linear) -- (i.e. Skips, jog, shuffle)		
<b>Lift</b>		
<b>Core Stability</b>		
Balance X Trace	3	x30 sec
Box Crawl Patterns	3	
<b>Plyo</b>		
Box Jump	3	x6
SL Hop & Balance	3	x5 ea.
Full Lateral Skater Jumps	3	x5 ea.
<b>Static Stretch</b>		
Hamstrings	2	x30 sec ea.
Quad stretch	2	x30 sec ea.
90 / 90	2	x30 sec ea.
SL Adductor	2	x30 sec ea.
Hip Flexor	2	x30 sec ea.
Inch Worm	2	x30 sec ea.
Lats	2	x30 sec ea.

Day 1 Lift						
Exercise + sets	WK1	Reps	WK2	Reps	WK3	Reps
<b>Bands</b>						
1a. Knee In - Knee Out x2		x20		x20		x20
1b. Side Step x2		x10 yrds		x10 yrds		x10 yrds
1c. Step Back Lunge x2		x8 ea.		x8 ea.		x8 ea.
1d. Stagger Side-Step x2		x8 ea.		x8 ea.		x8 ea.
1a. Shoulder Pull-Aparts x2		x20		x20		x20
<b>Isometric Holds</b>						
2a. Lunge x3		x20 sec ea.		x20 sec ea.		x20 sec ea.
2b. RDL w/Reach x3		x20 sec ea.		x20 sec ea.		x20 sec ea.
		x20 sec ea.		x20 sec ea.		x20 sec ea.
		x20 sec ea.		x20 sec ea.		x20 sec ea.
2c. Double Leg Wall Sits x3		x30 sec ea.		x30 sec ea.		x30 sec ea.
<b>Body Weight Strength - Lower</b>						
3a. Squat w/ Pause + EXP x3		x8		x8		x8
3b. Cable Pallof Press x3		x10 ea.		x10 ea.		x10 ea.
3c. Split Squat x3		x8 ea.		x8 ea.		x8 ea.
3d. Off Bench Hip Ext. Marching Steps x3		x20		x20		x20
3e. Front Plank x3		x30 sec		x30 sec		x30 sec
3e. Side Plank x3		x30 sec ea.		x30 sec ea.		x30 sec ea.
3f. Lateral Squat w/ MB x3		x8 ea.		x8 ea.		x8 ea.

Day 2		
Activity	Sets	Reps
<b>Warm up</b>		
Stretch: Movement (Lateral) -- (i.e. Skips, jog, shuffle)		
<b>Lift</b>		
<b>Core - MB Throws</b>		
Side to Side Chest Pass	3	x3 ea.
Rot. MB Throw	3	x8 ea.
Supine Core Rot. (soccer ball @ knees)	3	x10 ea.
<b>Skating Position Work</b>		
Skater Reach FWD	3	x8 ea.
Skater Reach Left	3	x8 ea.
Skater Reach Right	3	x8 ea.
Skater Reach Back	3	x8 ea.
<b>Static Stretch - Foam Roller</b>		
Calfs	2	x30 sec ea.
Hamstrings	2	x30 sec ea.
Quads	2	x30 sec ea.
Glutes	2	x30 sec ea.
IT Bands	2	x30 sec ea.
Mid Back & Upper Back	2	x30 sec ea.
Lats	2	x30 sec ea.
Neck	2	x30 sec ea.

Day 2						
Exercise + sets	WK1	Reps	WK2	Reps	WK3	Reps
<b>Bands</b>						
1a. 3-Way Walk x2		x6 ea.		x6 ea.		x6 ea.
1b. Hops x2		x20		x20		x20
1c. Angle Strides x2		x20		x20		x20
<b>Isometric Holds - Spring Ankle</b>						
2a. Double Leg Heel Level + Heel Up x3		x10 s + 10 s		x10 s + 10 s		x10 s + 10 s
2b. Single Leg Heel Level + Heel Up x3		x10 s + 10 s		x10 s + 10 s		x10 s + 10 s
<b>Body Weight Strength - Upper</b>						
3a. TRX Row x3		x10		x10		x10
3b. Farmers Carry x3		x15 yrds		x15 yrds		x15 yrds
3c. Crawl Position Hand to Knee Touch x3		x6 ea.		x6 ea.		x6 ea.
3d. Push-Up Pause x3		x8		x8		x8
3e. DB Rows x3		x8 ea.		x8 ea.		x8 ea.
3e. Sprinter Stance Plate Press x3		x10 ea.		x10 ea.		x10 ea.
3f. HK Shoulder Press x3		x8 ea.		x8 ea.		x8 ea.