

BREAKSPEARE CLINICS Personal Exercise Programme

Exercises for Hockey

Breakspeare Clinic- Milton-Under-Wychwood
Breakspeare Clinic- Cheltenham
Breakspeare Clinic- Didcot

Provided by Scott Phillips
Provided for
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Single-leg Mini Squat

Stand tall on one leg with the other leg raised behind.

Squat down keeping your knee in line with the toes and your pelvis level.
Push back up to the starting position.

Repetitions 8 /set

Sets 3

Times/week 3 - 4 times



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Glute Walk

Stand tall, with an exercise or loop band around your legs (slightly above or under the knee joint).

Take a hip-width stance so that the band tightens and squat down. In this position, step to the side then return, keeping the band tight at all times.

Note:

Focus on using your buttock muscles.

You can also step forwards and backwards, but remember to keep feet at least hip width apart.

Repetitions 10 /set

Sets 3

Times/week 3 - 4 times



Single-leg Bridge

Lie on your back with legs bent; one foot on the floor and one lifted upwards.



Squeeze your buttocks, roll your pelvis off the floor and straighten your hip. Don't let the pelvis tilt to either side. Lower the foot back on the floor and return to the starting position.

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Repetitions 8 /set

Sets 3

Times/week 3 - 4 times



Forward Lunge with a Twist

Start in standing holding a ball or a weight with both hands.

With one leg, take a step forwards, squat down. At the same time rotate your trunk and bring the ball towards the outside of the front leg. Maintain lower extremity alignment with pelvis pointing straight forwards. Step back to the starting position and repeat towards the other side.

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Repetitions 8 /set

Sets 3

Times/week 3 - 4 times
