

TRAIN · PILLAR SERIES

INJURY PROOFING: THE BEST ABILITY IS AVAILABILITY

Every hockey player wants to skate faster, shoot harder, and make a bigger impact. None of that matters if you're sitting in the stands nursing an injury.

Injuries rarely come out of nowhere. Players sprint on skates, battle for pucks, absorb contact, and repeat thousands of powerful strides every season. While some injuries are unavoidable, many occur when the body isn't prepared for the demands placed on it. Research consistently points to three areas hockey players need to protect most.

01 SHOULDERS

Between body checks, board battles, and falls, the shoulders take a beating – AC joint injuries are among the most common in hockey. Building strong shoulders isn't just pressing heavier weights: focus on upper-body strength, scapular stability, rotator cuff strength, and core control so you can absorb contact and stay healthy all season.

02 HIPS & GROINS

If there's one area every hockey player should prioritize, it's the hips (it's all in the hips!). Powerful skating requires strong glutes, adductors, and core working together. Groin strains are among the most common hockey injuries and happen most often when athletes lack strength or have previous injury history. Strong hips improve skating; mobile hips unlock the deep positions efficient movement demands. You need both.

03 KNEES

Repeated skating, contact, and changes of direction place significant stress on the knee all season. Build strong legs through big movement patterns – squats, lunges, deadlifts, single-leg exercises – plus isometrics and plyometrics for knee stability. Injury prevention and performance training aren't separate. They're the same work.

04 THE INJURY-PROOFING PLAN

SHOULDERS — **2+ ×/week · 10–15 min**

Rotator cuff strength, scapular stability, shoulder girdle strength, trunk stability, shoulder mobility

HIPS & GROINS — **2–3 ×/week · 10–20 min**

Adductor strengthening, glute strength, core stability, hip mobility, skating-specific movement patterns

KNEES — **2–3 ×/week · in strength sessions**

Squats, deadlifts, lunges, single-leg strength, neuromuscular control, plyometrics, change-of-direction training

> **Coach's corner** The same qualities that make athletes faster and more powerful also reduce injury risk. Strong athletes are more resilient. Mobile athletes are more efficient. Well-conditioned athletes handle the workload of a long season.

TESTIFY TAKEAWAY

YOU CAN'T ELIMINATE INJURIES. YOU CAN PREPARE THE BODY TO HANDLE THE GAME.

Protect the shoulders, hips, and knees with consistent, targeted work – because at the end of the day, the best ability is availability.