

14U Spring Training 2026

For most committed players who want to build on their improvement from the season.

Ice (4 sessions a week)

Skills (2x a week) - edge work, speed, stickhandling, puck protection, passing, shooting

3 on 3 hockey (1x a week) - read and react, decision making, more puck touches

Scrimmage (4 on 4 or 5 on 5 - 1x week) - fast-paced, full ice

Gym (3x a week) - resistance training / functional strength, plyometrics, speed, mobility, conditioning

Training Center (1x a week) at Santa Clarita Sports Center - explosive acceleration, agility, reactive speed, coordination, and games

Wrestling (2x a week) at PG Grapplers (<https://www.petersongrapplers.com/>) - I am very excited about the opportunity for our players to train with wrestling coaches this spring. In the past, my teams practiced martial arts regularly, but in the last two years, we couldn't make it work as a regular part of our training during the season. Cross-training with other sports, especially martial arts, has significant benefits for hockey players. Since hockey is a contact sport, practicing other contact sports gives the athlete more confidence with contact. Wrestling (martial arts) has one of the most challenging forms of training among all sports. Some of the benefits are full-body strength, agility, coordination, explosiveness, and endurance. Mental benefits - mental toughness, confidence - self-belief, discipline, and work ethic.

Summary:

8 weeks of training - **Starting Monday, March 30th**

Ice 28 hours

Off Ice Training 42 hours - gym 3x week

- training center 1x week

- wrestling @ PG Grapplers 2x week

Age groups 14U (2012-2013)

Limited to 32 skaters

Cost \$1390