

# Hockey

No other sport involves the in-depth arrangement of protective equipment, skates, movements, and playing surface like the sport of Hockey. With its interval line shifts, the fitness levels necessitate all out bouts of effort with efficient recovery capacity. Hockey embodies the evasion and collision style of play, and calls for high levels of strength and power to support repeated contacts shared with the external resistance of pads. To be in possession of the eye hand coordination required for stick handling, passing, shooting, and the intense coordination for skating makes agility, balance, and speed a crucial aspect of training.

A 3:1:2 ratio is maintained throughout the program with an Acceleration: Maximum Velocity: Multi-Directional relationship. Dry land training permits Hockey athletes to develop optimal skills while enhancing current abilities. The progression within each category moves from a 1) Teaching positional focus, to 2) Rehearsal of the skill, and finally 3) Integration of explosive skills in drill situation.

Acceleration	Max Velocity	Multi-Directional
Starts	Recovery	Pattern
Resisted	Ground Prep	Barrier
Explosive	Explosive	Explosive

## **Acceleration**

The ability to optimally increase speed from a low amplitude skate requires powerful force production combined with efficient motor patterns. Skate mechanics are interrelated with the typical punch and drive skills of pure acceleration. Hockey players need to propel themselves quickly to push toward the goal and skate down opponents on defense. Arm action is fundamental to linear movement and should be practiced on and off the ice with and without equipment.

## **Maximum Velocity**

Although top end speed mechanics are not directly involved on ice, the imbalances produced from the repetitive skating motion need to be addressed. Maximum Velocity requires high neuromuscular activity through large pattern lower body activity. The training will have carry over implications enhancing muscular recruitment while reducing overused motions. It is also important to consider the same skills may be a regular component of many fitness / conditioning protocols and speed testing.

## **Multi - Directional**

Hockey plays in line shifts that enables players to skate rapidly and demands tremendous effort. The players develop plays in all directions, not just towards the goal. This demands that all positions react to quick and repeated changes of direction. Players express great bursts of action and are constantly down shifting to a backward skate, shuffle step, deceleration, and reacceleration to defend or create separation and generate scoring opportunities.