

# FOUR WEEKS BETTER



## AUGUST 2014

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

The hard work you put in over the summer months can help you become a better player by the time you return to the ice in the fall.

### BONUS DIGITAL CONTENT



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- FITNESS EXPERT JENNIFER NOILES BREAKS DOWN THE OFFSEASON AT THE MAYO CLINIC.
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# TO A PLAYER

BY RICKI DUGDALE

## Take The Right Steps To Improve Your Game And Yourself

**A**nother hockey season has arrived. It's time to see who spent the summer improving their skills and who spent it sitting on the couch playing *Call of Duty*.

If you fall into the latter category, have no fear. *USA Hockey Magazine* asked the fitness experts from the National Strength & Conditioning Association for advice that will help every hockey player improve all aspects of his or her game in four weeks time.

Not that you'll be the player you want to be after four short weeks, but if you follow this advice, you'll be well on your way toward improving your overall game.

### BETTER HOCKEY SHAPE

Hockey is about rest and recovery, so the training routine should be more like that of a sprinter than of a marathon runner. Instead of running long distances, your workout should consist of short interval training, like running shuttles or suicides. You also need to incorporate the right amount of rest between intervals. If you run a suicide for a minute, then give yourself two minutes to rest so your body recognizes that recovery period and can adapt.

Getting into hockey shape requires you to maintain the proper balance of working and resting, because you will be spending time resting on the bench between shifts.



### BETTER QUICKNESS

As a hockey player, your focus should be on speed and explosive movements because you are never going to reach full acceleration — the rink is not big enough.

Your first-step quickness is going to be your bread and butter, so work on the short, five- to 10-yard sprints. Diagonal movements are also important because you are pushing off of your skates in a diagonal motion, not pushing straight back like a runner.

### BETTER STRENGTH

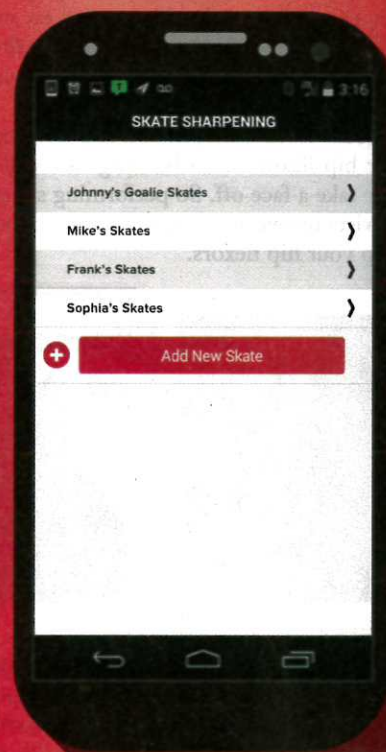
Building strength is not all about how much weight you can lift. You can be the smallest guy on the team and still be the hardest one to knock off the puck.

Resistance is the key to developing strength and power. Being able to pull or push through your own weight will teach your muscles how to compensate for that resistance so that once you step out on the ice, your stride is more powerful and you become a stronger force.

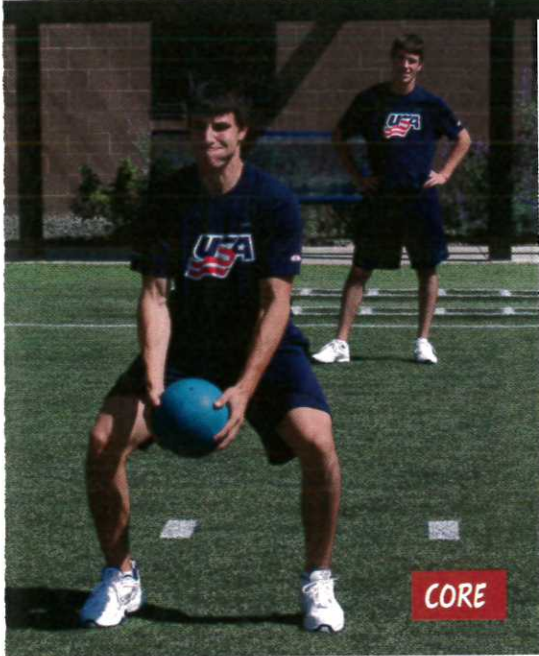


## THE NEW WAY: REMEMBERS YOU

Skate sharpenings should not be a test of your long-term memory. Save multiple profiles, name your skates, set the size and record the sharpening preference of each—perfect for the equipment manager in every family.



**TOTAL HOCKEY**  
Total Hockey app: Powered by **CCM**



**CORE**

### BUILDING A BETTER CORE

Sit-ups and crunches are always going to be a great way to get strong abs, but hockey players should not put so much emphasis on the traditional methods. After all, hockey players play the game on their feet, not lying down.

As a hockey player, you also have tighter hip flexors from bending to accelerate or take a face off. So performing standing twists or overhead squats can help loosen up your hip flexors.



**FLEXIBILITY**

### GREATER FLEXIBILITY

In order to get the most range of motion from your muscles, two different types of stretches should be used in your workout.

Essentially, static stretching is your resting range of motion while dynamic stretching is your active range of motion.

Dynamic stretching should be done before a workout in order to get your blood flowing and to prepare your muscles for the work they will be doing. Dynamic stretches are done on the move and go through the muscle's entire range of motion.

Static stretching should be done after

a workout when your muscles are warm. Static stretches help maintain flexibility in the muscles.

### A HEALTHIER LIFESTYLE

A healthier lifestyle is much more than just eating right. While it still is important to make sure you're not eating fast food burgers everyday, you also need to make sure you are training right and getting enough sleep.

### TURN IT OFF BEFORE TURNING IN

Did you know that playing video games before bed can actually prevent you from getting a good night's sleep?

It's true. While video games may be good for hand-eye coordination, they shouldn't be played before bed because your brain is still racing through *Grand Theft Auto* and you're not getting into the right R.E.M. cycle.

The shoot 'em up, blow 'em up video games with a lot of screen changes, and even action movies, have the same effect.

So the next time you want to play that last level in *Halo*, remember that even the Colorado College hockey players are not allowed to play video games the night before a game.

### HOME GYM

You don't need a membership to a gym in order to work out. Look around your house and you are sure to find everything you need.

Carrying a laundry basket full of clothes up and down the stairs or taking out the trash is more than enough weight and gravity to give you the resistance you need to get a workout. Also, overhead squats work your core, and you can even add a basketball or a weighted ball as you get older.

If your backyard gives you enough room, you can run short, 15-yard sprints for interval training.

If you are looking to develop any aspect of your game, then getting to a gym where you can have a certified professional coach you through the proper workouts is OK, but a weight is a weight, whether you're lifting it in a gym or at home.

### DEVELOP A BETTER SHOT

Like everything else in hockey, practice makes perfect. Find a technique that works for you and get outside with a makeshift net and shoot.

Repetition will make the motions seem natural, so when you do get on the ice, you won't have to think about how to take the next shot. The key is repetition, repetition, repetition.

It's also important to practice all types of shots, and from different angles, because you are seldom in the perfect position for a shot on goal.

### THE BRAIN GAME

Students that do well in school tend to do well in athletics. It is not necessarily translated in A's on a report card, but students that have the ability to apply what they learn often do better in athletics. According to most coaches, if you cut corners in the classroom, you're likely to cut corners on the ice.

### BE A BETTER TEAMMATE

Being a better teammate starts with being the best person you can be. Your talent and skill will only get you so far and that's when your character will shine through.

The higher you climb on the hockey ladder, the more you'll find that everyone can play the game. Colleges tend to recruit character people, not just good hockey players. Make sure you are the type of person other players and coaches want to be around. ★



**TEAMWORK**

**MAKE SURE YOU ARE THE TYPE OF PERSON OTHER PLAYERS AND COACHES WILL WANT TO BE AROUND.**