



Off-Season Training Manual

**MGHCA High Intensity Training
Camp**

Why Off Season Training?

When the season is over, you want to keep your foot in the door and not get too far away from being physically fit. A good athlete does not need to ever “get into shape”, they never get out of shape.

The main point of off-ice training in the off-season is to get out and do something - don't just be a couch potato.

Ideally, you should be involved in a variety of sports year-round. Playing other sports besides hockey will help you improve different parts of your game, plus, they can be fun. Year-round hockey is not a necessity, especially at younger ages. In the summertime at least take a little time off and cut back on the total amount of on ice hockey you play.

The second point of off-ice training in the off-season is improvement. Dryland training has fast become a big part of the player's off-season. The goal is to improve skills, strength, speed and stamina during the summer months. Since preparation is the key to success on the ice, the summer off-season is the most important time to prepare for the upcoming hockey season.

Development vs. Spring Leagues & Tournaments

Did you make the right choice for your child's summer hockey plans?

-by Real Turcotte

“Motor skills can only be developed or improved after many repetitions of a specific movement so that the muscle memory can be established.”

“Playing four or five tournament games will not improve the players' skills. Each game has either a 10 to 13 minute period and each player will average around 10 shifts of one minute each. According to tournament studies, the tournament player will have the puck on their stick for about 3 seconds each shift or for 30 seconds during the entire game! After 4-5 games, your hockey player would have had the puck on their stick probably 2 to 2 ½ minutes. That is hardly enough time to get warmed up.”

Hockey should be played because it is something fun to do. If playing in Spring Leagues and AAA Tournaments is fun, then by all means do it. Just realize though, that you are not developing as much as a hockey player than you would if you were concentrating more on skill development and off-ice training.

Strength & Conditioning Manual for Hockey

Bellofatto & Lawson, – USA Hockey 1998 MGHCA Fall Clinic

The purpose of this strength and conditioning manual is to introduce a wide variety of fundamental exercises and drills that athletes and coaches can implement in all phases of their training. The game of Hockey presents the athlete with great demands in muscular endurance, power, overall strength, core strength, flexibility, and especially Hockey specific strength. While attaining higher levels of the previously mentioned, your overall goals should include:

1. Develop a high level of athleticism
2. Performance enhancement
3. Prevention of injury

Athleticism

All athletes should be searching for the development of total athleticism through the participation of a variety of sports no matter what age. The game of Hockey requires great reflexes, balance, flexibility, lateral movement, accelerating, decelerating, and powerful movements, etc. All of these characteristics can be further developed through other sports to promote a high level of athleticism. Many of today's top players have not developed to their highest level of athleticism. It is never too late or too early to develop a strong athletic base. A great way to improve your weak spots is to participate, mainly during the off season in recreational sports or summer leagues. For the younger age players, it should be encouraged that they do engage in many sports. Some examples of recreational or competitive sports specific towards a hockey players' needs are; Baseball, Basketball, Lacrosse, Racquetball, Soccer, Street Hockey, and Tennis. Through these sports the many attributes of athleticism are touched upon;

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|-------------|---------------|------------------|
| • Agility | • Balance | • Coordination |
| • Endurance | • Flexibility | • Power |
| • Speed | • Strength | • Core Stability |

Performance Enhancement

Performance enhancement is the ultimate goal of strength and conditioning. The formula for one to develop to the next level and maintain that high level of performance is;

Performance = Strength + Speed + Power + Conditioning (Aerobic/Anaerobic) + Athleticism + Nutrition

Prevention of Injury

Whether you are dry land training, on the ice/field/court, or in the weight room the ever present risk for injury is always looming. Hockey at any level has some amount of contact (body to body, body to ice, body to boards, body to puck, stick to puck). It is our goal through the proper training programs to prepare the body's joints, muscles, and bones to withstand the various positions a hockey player might engage during the game. In order to do this the training must be multi-directional, functional to their needs, and performed through a safe and effective range of motion with adequate flexibility. It is

intended that all these exercises and drills be monitored by a Strength and Conditioning Specialist to ensure safety and proper form. As with all age levels, correct technique must be stressed and the proper form has to be mastered before going on to any weight bearing exercise. Impatience with body weight and/or minimal resistance at any age may lead to an unwanted situation. Although preventing an injury is not guaranteed, by performing a proper plyometric, agility, flexibility, and strength training program, the chances are decreased.

Key Elements of Productive Training:

Intensity: The prime aspect of a successful training program. In order to achieve goals an athlete must have training passion rather than just a feeling of trying to get through the workout. “True motivation occurs when players have a *want to* instead of a *have to* attitude.”

Consistency: Remaining consistent throughout a training program, before, during and after workouts. Preparing the body to train with good eating habits, proper rest and recovery as well as training with a high level of intensity day in and day out.

Accountability: Train with your teammates or a partner. Make yourself accountable to someone so that you show up each day with a high level of intensity and mental readiness. Also, be accountable to yourself. Avoid any lack of intensity and poor training, recovery and even eating habits.

Mental Toughness: Training hard each and every day is not easy, but getting to the next level in hockey isn't easy for anyone, and when you get there, it's going to be just as hard to stay there. In order to reach goals you must be mentally ready to compete each workout and mentally strong enough to push through the hard times.

“This manual is merely a tool to assist you in your quest to improve. Only you will know if you have given your best effort. You must have the self-discipline to perform each rep, each set, and each exercise to your fullest potential. You must accept that the attainment of benefits from this program will take hours of intense labor and effort.”