

# Off-Ice Training

## Dryland Program

The objective of this course is to develop students to reach their maximum potential physically, which will in turn enhance their skills and ability on the ice. Training will be hockey specific, focusing on movements, strength, and balance, inherent in the sport. In addition, a nutrition unit will be blended into the program to assist students in making healthy decisions and fuel their bodies effectively before and after strenuous physical activity. A leadership component will be blended into the program as well, instructing students to be effective leaders on and off the ice, and positive contributing members of society.



## Aerobic and Anaerobic Conditioning

An aerobic program combined with anaerobic conditioning enhances stamina, which allows a player to compete for a longer period of time before the accumulation of lactic acid in the body exceeds its ability to remove it. Students will build and maintain their aerobic and anaerobic condition through a variety of techniques. Running, interval sessions, skipping, stair climbing are some of the activities that will be used to increase aerobic and anaerobic stamina.



## Core Strength and Stability

Core stability training is essential to hockey performance and injury prevention. The body's core muscles are the foundation for all other movement. The muscles of the torso stabilize the spine and provide a solid foundation for movement in the extremities. Traditional exercises such as crunches, leg extensions, etc. will be implemented as well incorporating apparatus such as medicine balls, stability balls and ab wheels.

## Balance and Quickness

Agility and quickness are essential to the game of hockey. A player's ability to get to a loose puck first and move up the rink is a key skill. Wrist quickness in shooting or intercepting a pass

and for goaltenders good hand and foot quickness are all assets that can be improved through training. Speed and quickness training is very specific because the athlete is teaching certain muscles and nerve pathways to respond in a new way—quicker and faster. Ladder work, bosu balance trainers, balance boards, agility slats and agility poles are some of the apparatus and activities that will be used to develop players agility and quickness.



## Strength Training

Strong leg and arm muscles will increase a player's ability to maintain balance on their skates and increase the force exerted while skating. Strength helps in the corners when pushing an opposing player in order to get the puck. Players that can shoot a hard slap shot or skate fast have excellent muscle strength. Strength will be developed using a variety of tools such as weight machines, free weights and resistance bands.

## Nutrition

Athletes often have inadequate nutrition knowledge and poor nutritional habits, which can have a negative impact on athletic performance. Knowing what to eat and drink before a game, and how close to game time you can eat, are important for a hockey player. Skating and playing hard require energy and enough fluids to keep in the game. Establishing healthy choices in foods that give the athlete the nutrition to rebuild, repair and refuel for maximum performance. Students will study the effects on the body both mentally and physically when a balanced nutritious diet is compared to one of less nutritional merit.

## Leadership

Students involved in the hockey academy have a passion for the game and pursue the dream of becoming elite players. Perhaps only a few may play outside the minor hockey level at the junior or college level, but we encourage all to give back to the community and sport later in their life. They not only are ambassadors of the game but of our community and program as well.

## Find out more:

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# Hatzic Hockey Academy



*Fanning the flame of potential in every player with the spark of expert instruction, encouragement and support...*

# Three Reasons to Choose Hatzic Hockey

## 1. Dedicated instructors and educators!

We're committed to taking you to the next level.

### On Ice – Ralph Vos:

Edmonton Oilers • Nine years of professional hockey in Europe • Thirteen years of experience training young hockey players • Ralph has lead many players to successful careers as juniors and pros.

### Off Ice – Mike MacBlain:

Ex pro boxer • Twenty years of experience training student athletes in a variety of disciplines • Seven years experience running hockey training programs.

## 2. Credits and Ice Time!

Full school credit for both on and off-ice training. Consistent ice time every other day 12:10-1:20pm.

## 3. Affordable! Only \$60 per month.

Hatzic Hockey Academy is 1/4 of or less than the cost of other hockey academies in the Fraser Valley.



## On-Ice Program

The foundation of a good hockey player is the mastery of individual technical skills. In this course students will address the changes that will need to be made technically and fundamentally to improve in any given skill area, as well as developing these skills dynamically, in an environment that resembles game situations. The course is designed so that each player can master the skills needed in becoming a complete player and understanding the entire game setting.

## Puck Control and Passing

Puck handling is when the player is handling the puck. Coordination, speed of hand and speed of reaction are all critical in stick handling. Correct body position, head up and hand grip are essential. Passing and play making are critical for a successful team.

- Dribbling, puck control, dekes, feet to stick, face-offs
- Forehand sweep, back hand pass, saucer pass, snap pass, bank pass, receiving a pass.



## Power Skating

Skating is the foundation in which all other skills are built. The level of performance attained by a player in passing, stick handling, shooting and checking are directly related to one's skating ability. The time spent improving a player's skating is a worthwhile investment due to the carry over value to the many other aspects of the game.

- Balance, edges, stride, sculling, crossovers, starts, stops, forward, backward turns and pivots.



## Shooting

The ability to shoot the puck in various situations that arise during a game of hockey is an invaluable skill. Hockey players should have a complete arsenal of shots from which to choose. An incomplete player is limited to only one or two types of shots.

- Accuracy, execution, blade / puck relationship, follow through, generation of force, wrist shots, slap shots and snap shots, one-timers, goalie dekes.

## Checking and Body Checking

Checking is carried out to gain control of the puck.

- Angling, stick check, body check, shoulder check, hip check, block check, pinning, receiving body checks.



## Positional Play / Position Specific Play

All players must have a knowledge of positional play and utilize it during a game. Positional play is the foundation from which offensive and defensive styles and strategies are derived.

- Break-outs, fore checks, defensive, offensive and neutral zone coverage.
- Body positioning, stick positioning, gap control.

