

## O - Swedish Players Train with Russian Coach

### **Key Points:**

Circuit training with plyometrics, strength, agility, reaction time, speed, flexibility, endurance, balance, coordination.

### **Description:**

Circuit Training:

- Wall ladder for abdominals.
- Mats and benches for dives and rolls,
- Weights, metal hockey stick and medicine balls for resistance.
- Russian box for skating power.
- Benches and racks for weight training.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160049393>



## O - Agility, Coordination Using Sticks – Czech Youth

### Key Points:

Use a stick with no blade as the barrier between two players and do partner exercises with competition.

### Description:

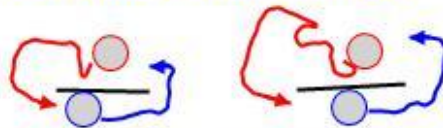
1. Partners mirror each others movements.
2. Partners fake at each other and read the body language to go the other way around the stick.
3. Partner play tag with one chasing and the free. They must run around the stick to tag and then that partner is it.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812085251864>

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## O - Off Ice Stickhandling - HS

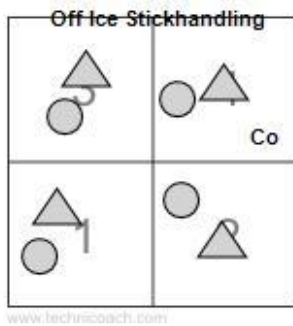
### **Key Points:**

Stress good mechanics of rolling the wrists, controlling the stick with the top hand.

### **Description:**

1. The coach demonstrates good technique and the players practice.
2. Use tennis balls, hockey balls, stickhandling balls, roller hockey pucks, racquet balls, etc.
3. Handle the ball all around the body,
4. Handle multiple balls and balls with different weight and bounce.
5. Juggle the balls up and down the stick.
6. Handle while standing on one foot.
7. Handle while on a balance board or ball.
8. Keepaway, small games, etc..

<http://hockeycoachingabcs.com/mediagall ... 0122230476>



## **O – Off-ice Training for Hockey**

This is a list of videos available on the hockeycoachingabcs site with demonstrations of training for hockey.

F - Spin Class on Exercise Bikes – U18 Girl's – Player Led

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120314084907424>

4 Team Race Through and Over Obstacles at Czech Youth Camp

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812094928560>

Agility, Coordination Using Sticks

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812085251864>

Agility, Coordination, Reaction Time

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812090131696>

Boxercise with College Women Players

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114214965>

Boxing with U18 Female Team

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111129103921429>

College Women Pre Game Warm up

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114218920>

Combative Contests at Czech Youth HS

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010081210041633>

Core Strength Workout for Hockey

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727130328111>

DT200 3 on 3 with 3 Jokers – Game on a sport court.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111008100306395>

Pre Game Warm up with the MRC Women's Team

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010042109410891>

**Flyers Spin Class and Soccer Practice**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111027083519736>

**Moscow Dynamo Dryland**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114217729>

**Olympic Lifts by Soviet Players**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160048673>

**Outdoor Shooting in Jihlava Czech Republic**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812102653259>

**Puck Handling Off Ice Czech**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727114215147>

**Single Weight Workout**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160052781>

**Soccer Agility Training**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160051350>

**Speed, Coordination, Agility Circuit – Czech youth players**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010081209085436>

**Split Vision Games at Czech HS**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812101249211>

**Stickhandling practice off ice – Canadian youth**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008090122230476>

**Swedish High School Players train with Russian Coach – first minute Russians training then to Sweden**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160049393>

## O - Red Bull Training Room

### ***Key Points:***

Room for off ice training where the players cooled down after games and did weight and bike circuits. Also have an outdoor facility and skating treadmills.

### ***Description:***

1. Free weights weight machines.
2. Training room with blood testing machines.
3. Exercise bikes.
4. Agility ladders, hurdles, ropes.
5. Video projector for team meetings.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131109191129851>



## **O – Russian Coach Leads Training Circuit with Swedish Players – U20**

### Key Points:

Circuit training with plyometrics, strength, agility, reaction time, speed, flexibility, endurance, balance, coordination.

### Description:

Russian coach runs Swedish U20 players through a circuit with weights, plyometrics, the Russian Box, balance, abdominal and back exercises. It is a great training circuit for older players whose growth plates have hardened.

### ***Circuit Training:***

- Wall ladder for abdominals.
- Mats and benches for dives and rolls,
- Weights, metal hockey stick and medicine balls for resistance.
- Russian box for skating power.
- Benches and racks for weight training.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160049393>



## F - Spin Class on Exercise Bikes – U18 Girl's – Player Led

### ***Key Points:***

Work the various aerobic and anaerobic energy systems and pay attention to the work/rest ratio.

### ***Description:***

Players take turns sprinting on the bikes. They are in groups and play Rock – Paper – Scissors to choose which group goes next.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120314084907424>



## O - Split Vision Game of Soccer and Basketball

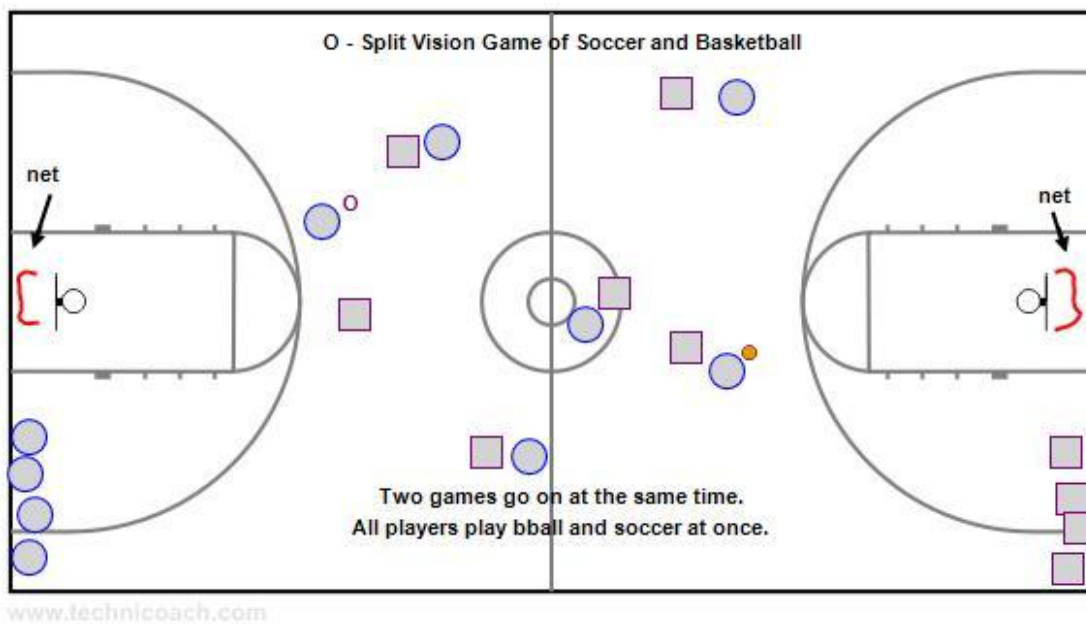
### **Key Points:**

Play soccer football and basketball at the same time. Players have to have split vision and be ready to use their feet and then their hands to control the ball.

### **Description:**

1. Play shifts of 3 minutes.
2. Rotate on the whistle.
3. Players control the basketball with their hands and soccer ball with the feet.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100812101249211>



## O - Agility Circuit Race - Czech Youth

### ***Key Points:***

Create an agility circuit with tasks to be done at top speed in a competition.

### ***Description:***

4 teams race over, under, thru, around, skip, spin to challenge their coordination, agility, balance, speed, power.

This circuit works on the Skill Related Principles of Fitness.

- coordination

- agility

- balance

- speed,

- reaction time

To be a good hockey player you also have to be a good athlete.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812094928560>

