

TECHNICAL

TECHNICAL [Components of our Performance Program]

This component of the “**HOCKEY PERFORMANCE WHEEL™**” is the development of an athlete’s individual skills which include:

VISION: One of the most over looked aspects of the game. Vision is arguably the most important skill in hockey because only the very best players have it. It is a player’s ability to not look down at the puck, keeping their eyes up and make critical plays while moving at top speed.

PERFECT PASSING: This is another overlooked skill. It is the one skill you perform more than the rest during a game. It is the one skill that will get you more ice time or less. The number one skill for defenseman is a good first pass. Want to be on the Power Play? Well you must make play’s. Players must work the Forehand and Backhand Perfect Pass. The coaches that practice the backhand pass put their players at a huge advantage. Also **Soft Touch Ariel Passes** are another must for every player today but not enough coaches make them a focus area.

PERFORMANCE SKATING: The common term used when it comes to improving skating is Power Skating. Power is generated with the combination of Strength + Speed and we believe these two components are developed off the ice and then transferred to the ice using what we refer to as **PERFORMANCE SKATING**. Skating is an element of Performance and must address many areas including Bio-mechanics. If you fix your mechanics you fix your skating performance. We also address Hip girdle mobility, because many players need to improve their flexibility and overall range of motion in their hips to get them in the proper position to maximize performance. Arm motion efficiency is another important aspect of skating. Plus there is performance with and without the puck. Add in the proper turns and stops so players can improve the ability to transition faster because hockey is a game of constant transition from offence to defense. Changes of speed must be taught and position specific skating is absolutely crucial to success.



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TECHNICAL [Components of our Performance Program] (continued)

MAGIC HANDS - Commonly referred to as soft hands this individual ability is huge when **PUCK-HANDLING:** it comes to Performance. As a Forward or Defenseman if you can protect or shield the puck effectively and beat a player 1 on 1 you separate yourself from the rest. There are some very intricate wizard like details of Magic Hands when learned you will absolutely change your game forever. The knowing you will have to beat any goalie on the planet will be a massive advantage. You will know what move to use when, giving you a distinct edge.

SNIPER'S EDGE - The proper shot selection and execution is critical for Forwards and **SHOOTING:** Defenseman. We also refer to Shot Placement and Accuracy which are two very different elements of shooting but very effective when used properly. Shooting with a purpose is key because most players just shoot to shoot. Choosing the right shot to use and executing the shot with your eyes up is a lethal combination for Goal Scoring.

PURPOSEFUL CHECKING OR CONTACT: The way the game is officiated today has affected the way you can check. Players must learn proper checking techniques to avoid penalties, injuries and gain puck possession. Players must also learn how to receive contact to avoid puck loss or injury. One very important aspect of checking is Popping vs. Contact this allows you to control the man and separate them from the puck without over committing. Purposeful Contact will keep your coach very happy and keep you out of the penalty box!

