

Off-Ice Skills Program 2020 (Isolation)

Introduction

Hello Everyone, I'll keep this as short as possible as it can come off pretty long and I tend to ramble. With the players stuck at home and how some of their seasons ended, I think this is a program that can help keep them occupied, plus an opportunity to develop some skills. Remember anything is better than nothing!

Here's a quick program for puck skills/shooting. Try to do it 3 times a week when you can. Doesn't have to be Monday Wednesday Friday, but at least 3 separate days will help. You will need a training ball or puck (usually around \$10).

Week 1-2

Activity	Monday (20 Mins)	Wednesday (20 Mins)	Friday (20 Mins)
Stick Handling	Get a plexiglas board you can easily stick handle on. Figure 8 pattern, both ways 10 minutes each way.	Set up a box pattern with pegs or something heavy so if you hit them, they won't move. Then just create pattern, left to right to bottom, right to bottom left. 5 minutes on each pattern 4 times.	Have some fun, flip the ball/puck up and just get a feel for it. Nothing with too much structure but something that keeps you engaged. Work on flipping it up and batting it down, hand eye type stuff.
Shooting (Pick corners!!!)	100 pucks. 25 snap shots 25 wrist shots 25 slap shots 25 backhand shots	100 pucks 25 snap shots 25 wrist shots 25 slap shots 25 backhand shots	100 pucks 25 snap shots 25 wrist shots 25 slap shots 25 backhand shots
Balance (Head up)	Get a balance board or something to balance on. Throw tennis ball against wall, 25 catches each hand	Same board but balance eyes closed for 10-15 seconds. Do it 15 times	Balance Game Not done until 10 catches in a row without dropping on each hand

Week 2-4

Activity	Monday (30 Mins)	Wednesday (30 Mins)	Friday (30 Mins)
Stick Handling (Head up)	Get a plexiglas board you can easily stick handle on. Figure 8 pattern, both ways 15 minutes each way. Head up now	Set up a box pattern with pegs or something heavy so if you hit them, they won't move. Then just create pattern, left to right to bottom, right to bottom left. 5 minutes on each pattern 6 times. Can also use a triangle pattern to mix it up.	Have some fun, flip the ball/puck up and just get a feel for it. Nothing with too much structure but something that keeps you engaged. Work on flipping it up and batting it down, hand eye type stuff.
Shooting (Pick corners, don't just hit the middle of the net!!!)	200 pucks. 50 snap shots 50 wrist shots 50 slap shots 50 backhand shots	Work on curl and drag around a cone 200 pucks 50 snap shots 50 wrist shots 50 slap shots 50 backhand shots	200 pucks 50 snap shots 50 wrist shots 50 slap shots 50 backhand shots
Balance (Head up)	Get a balance board or something to balance on. Throw tennis ball against wall, 50 catches each hand	Balance and stick handle on board while standing. Work on keeping your head up and not looking down.	Balance Game Not done until 20 catches in a row without dropping on each hand

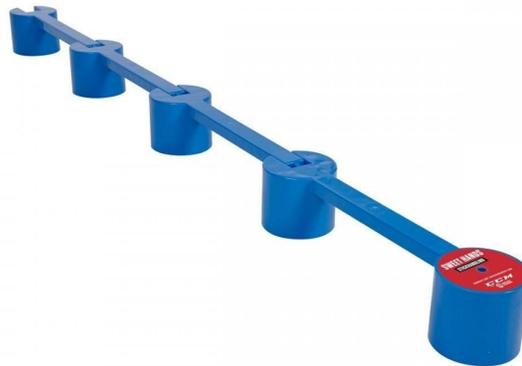
Don't overwork it, if you get bored, stop and take a break. You need to focus on doing it properly to get better. It'll take time and if you feel that you're mastering everything, then take a look at this article for some more drills.

<https://www.icehockeysystems.com/off-ice-exercises/stickhandling>

I've attached some other stuff that I think can help. You can slowly swap stuff out to use them instead of the balance, but remember balance is very key in keeping the puck on your stick. Slowly build your way up so you can keep your head up during the whole program.

It's not elaborate, it's just something to get started with. The small little stuff like this will help their games improve immensely.

Attached is some stuff you could build out of wood if need be (or purchase if you'd like). I suggest doing it now so you have it for a long time.



Any other questions let me know!

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Thanks,

Joe