

Iowa City Blizzard Youth Hockey – 2008-2009 Bantam Team Hopefuls

As we look forward to next year, I would like to make sure that all of our players have every opportunity to achieve the level they wish to. Personally, I am going to expect a lot out of each and every player on the team. Individual skills are essential to a good hockey player, and they are the basis for evaluation in any try out you might attend. Between today and the start of next season each player who works on these skills will come back significantly improved. This should act as a resource for you to take advantage of and give yourself a leg up on the competition for next year.

Your responsibilities over the off season:

As of today, we will be starting next year with a respectable team. If you go to camp over the summer and stay current with hockey we will start with a good team. If you work every day on individual skills (puck control, stick handling, endurance, strength) we will start with a great team. We have been limited not by our team work, but by our individual skills. If we can master them, we will come back a completely different team.

Puck control (all using your stick)

Juggle a ball in the air – forehand AND backhand.

Catch and throw off a wall. Shoot off the wall and block it down (similar to tip drill)

Making passes, off the wall, on the ground to yourself, one touch, saucer passes and backhand.

Stick handling

Throw a mess of pucks out and work around them in a random order

Head up

Work a straight line of 5 – 10 pucks – weave through them, come back

Side to side figure 8 around 2 pucks or small cones

Shooting

Aim for the corners, randomly – don't shoot at the same one for 20 minutes move randomly

Keep your head up, “fake” the goalie

Vary shot type

Wrist shot, snap shot, slap shot, backhand

Snap = quick release is priceless

Backhand = weakness for many players

Unpredictable for goalie

Take advantage of every opportunity

Conditioning, endurance

Endurance = rollerblade (or jog) at a rate that you can sustain for 30-45 minutes. More than that is ok, but not our primary objective

Hockey specific = Sprint 10-15 seconds, light jog or walk 30-45 seconds. Repeat for 5 minutes and take a few minute break to recover – REPEAT. This is even better if the sprint can be up a hill or up stairs. Interval and specific to hockey is most important. On rollerblades is better.

Strength

Core strength is most important, I don't need the hulk = that wouldn't even be good.

Single leg squats – 10 times and switch (3 sets)

Abs, back, core = crucial

Balance and coordination are primary

See me for more

Watch hockey on TV – The playoffs are great. Not only to look at the TV, but watch the players without the puck, watch how the play develops, watch where the passes go and what the puck carrier is looking for. Watch penalty kills and how defenders defend. Watch how back-checkers chase and who they go to. Watch how a dump and chase works, and what a grind for the puck looks like. Watch every battle for the puck and how hard they fight for that possession.

Pucks – they have weighted balls, drill screws into hockey pucks, anything – heavier is better

Goals – draw it on a wall, hang a tarp so it doesn't hit the garage, etc

Finally, if you have any questions about what is above, please do not hesitate to contact me. Also, I am 100% available, willing, and eager to work with you on what you want to improve/what you want to do. My undergrad was exercise physiology and I have significant sport specific experience as a player and also as a trainer.

Please stay in contact: easiest = RDeklotz@gmail.com (IC blizzard or something in the subject line)

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