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Mount Carmel Hockey Academy

Elementary (grades: 3-6)
Junior High (grades: 7-9)
2009-2010



PHYSICAL TOOLS OF A HOCKEY PLAYER

In order for hockey players to be successful on and off the ice they need to concentrate their training on the physical attributes that help make them a successful hockey player. The physical tools that a hockey player harnesses, focuses on the 5 dimensions of fitness: Endurance, Strength, Power, Speed and Agility. Improving in each of these fitness dimensions is key for each player to reach their optimal performance.

Endurance:

Aerobic capacity is the maximum rate at which an athlete can produce energy through oxidation of energy resources. It is the building block for all other fitness parameters. Using the 20-meter shuttle run test is one way to evaluate endurance.

Strength:

The maximum force that a muscle or muscle group can generate is known as strength. Using the chin-up test is one way to test for a hockey player's strength. Remember we are looking for total extension of the elbows and bring the chin above the bar. The hands are positioned so the palms are facing you and are shoulder width apart. Do not allow the athletes to swing into and out of the chin-up.

Power:

Power is the time and rate of performing work. Work is the product of the force exerted on an object and the distance the object moves in the direction in which the force is exerted. Using the standing broad jump or vertical jump test is an easy way to test an athlete's power. Be sure that when you test vertical and standing broad jump that the athletes take a two foot take off.

Speed:

An athlete's speed is the ability to displace your body per unit time and is typically quantified as the time taken to cover a fixed distance. A 3 lap test on-ice with a 45 second rest followed by another 3 laps is used to evaluate speed and endurance. The athletes must skate around the nets when performing this test. Each lap will be timed and after the third lap you are allowed 45 seconds rest followed by another 3 laps. Each lap is evaluated as well as the first and second group of three.

Agility:

Agility is the ability to stop, start and change the direction of the body and body parts rapidly and in a controlled manner. The three meter shuttle run test is used to evaluate this parameter. Cones are placed three meters apart. You start in the middle and you try to see how many times you can touch each cone in a 15 second period. It is important to remind the athlete to wear good shoes, and to have a solid dry surface to perform this test on.

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Louis St. Laurent High School Hockey Academy



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BEYOND THE ON-ICE CLASSROOM

Being a team player is not something that takes away from the value of the individual, but rather increases it dramatically.

When you look at successful people in life it is not uncommon to find that many of them learned these skills growing up in and around sports. Sports teaches you teamwork, how to communicate responsibly, decision-making skills, learning to work together with people with different personalities, interests and objectives, strengthens leadership skills, solidifies character values such as integrity and sportsmanship, and numerous others benefits. These are the qualities and attributes of not just successful athletes but more importantly successful people in life.

When you involve yourself in sports you learn how different people from different walks of life work toward a common goal as a team (together). When you apply that focus into not only work, but everyday life, everyone comes out a winner.

We understand that as coaches at the Baron's Hockey Academy that we have a much bigger purpose than just teaching hockey skills. We recognize that as coaches we can single handedly influence the development of our students not only as athletes on the ice, but as individuals in life as well. We believe that both the on and off ice commitment that we have at L.S.L. will give our students an opportunity to participate, learn and most importantly become better people. These qualities take some people a lifetime to attain. We appreciate that the students are impressionable and by always keeping a proper 'life perspective' in our mind our staff at Louis St. Laurent can strive to "transform this great game that our students love to play so that the game can transform them to be winners in life." The emphasis in youth sports should be placed on participation and development and cannot solely rest on winning and losing. Too often this is the area coaches overlook.

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