

EVERYDAY IS GAMEDAY

The 4 Pillars for the Hockey Player

For the Ice Hockey Player training is complex and challenging. EXOS Performance Training is based on 4 training pillars. These 4 training pillars are based on medical and scientific recommendations to develop the hockey player and these are the same pillars we use with our professional athletes around the world.

- Movement Skills
 - Hockey Players need to learn how to move better. This is achieved by introducing fundamental principles of acceleration, deceleration, multidirectional speed, reactive agility, and plyometrics into their performance training sessions. Quality should be the primary emphasis of every movement skill session in order to provide optimal translation on the ice.
- Strength
 - Hockey players need to develop fundamental strength qualities, because strength supports movement. Programming strength sessions for hockey players should always follow the progressive overload principle. Chronological age, physiological age, and training age are considered for the design of a sound training program as well.
- Mindset
 - Off ice performance training is the perfect opportunity to teach the Hockey player concepts such as respect, determination, goal setting, commitment, hard work, accountability, and resiliency. The utilization of challenges and competition during drills often persuades these athletes to give a greater effort and to pay more attention to detail.
- Recovery
 - In today's Hockey world, athletes are exposed to more games, tournaments, practices, and physical training. Therefore, it is fundamental to educate them about sport nutrition, sleep hygiene, and recovery strategies. Recovery strategies include pre and post practice and games hydration and nutrition, self-soft tissue work, stretching techniques, relaxation techniques, and the use of hydrotherapy.

Resources:

- <https://www.nscs.com/education/articles/why-youth-strength-and-conditioning-matters/>
- <http://www.ncbi.nlm.nih.gov/pubmed/19620931>

