



Off-ice Player Development

With a longer-than-usual break, it can be challenging to keep your players engaged. Here are a few resources you can share with your players that they can do off-ice while we all mask-up and lock-down.



Take a shot at the OMHA player's club! This is a great set of activities you can work on with very little equipment. <https://www.omha.net/playersclub>

TOP SECRET

Don't tell anyone (jk – tell everyone!) but you don't need ice time to build up your skating abilities! A couple of my favorite resources:

Connor McDavid & Gary Roberts on Instagram
<https://www.instagram.com/p/B-pXSTRhEmH/?igshid=tjcv94w93da>

Hockeytraining.com on Youtube
https://youtu.be/Sz_0oviwbDw

Building a habit of working on your game while you are away from the rink (or any habit, for that matter) *has nothing to do with willpower* and everything to do with “managing friction”! The key to success is making it super-easy to take on these activities:

- Make sure you have a dedicated space with your shoes, twig, mitts, and pucks/balls all together
- Try doing this with a sibling or parent. A buddy always makes it more fun and easier to commit
- Try to pick a time of day and work out the same time every day
- Make sure it stays fun! End each session working on a fun skill that you have always wanted to try. (I'm working on backhand roof from in-tight)



For parents and coaches looking to learn more about the science of habit-building, this podcast is a great resource:

<https://podcasts.apple.com/ca/podcast/hidden-brain/id1028908750?i=1000503726514>

<https://omny.fm/shows/hidden-brain/a-creature-of-habit>

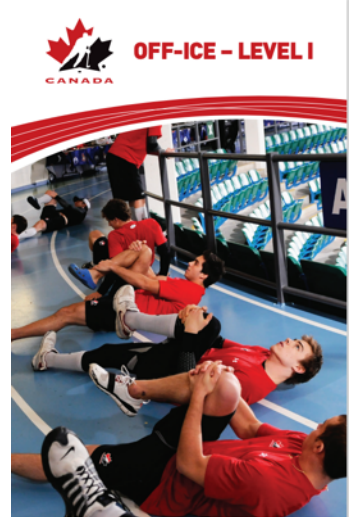


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Hockey is all about fun, regardless of the level at which you play. Keep your skills sharp while you are off the ice and have more fun when we can all get back on the ice together!

Hockey Canada is a great resource for off-ice development. Using the Hockey Canada Long Term Development model, this huge resource (85 pages!) covers everything from Core Conditioning and Balance & Coordination to Nutrition & Hydration. Download the whole training manual, and check out the demonstrator videos here:

<https://www.hockeycanada.ca/en-ca/hockey-programs/players/essentials/positions-skills/off-ice>



Show us your sweet setup!

Got a sweet off-ice setup in your driveway, basement, or garage? Share it with the Winterhawks family!



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Have your own favorite resources, off ice games, or dryland activities? Send them to development@miltonwinterhawks.com to help the whole association improve their skills!