

**Elevating
the comfort zone;
a mathematical model.**

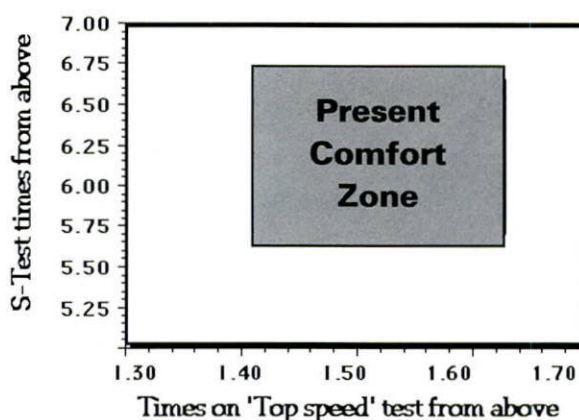
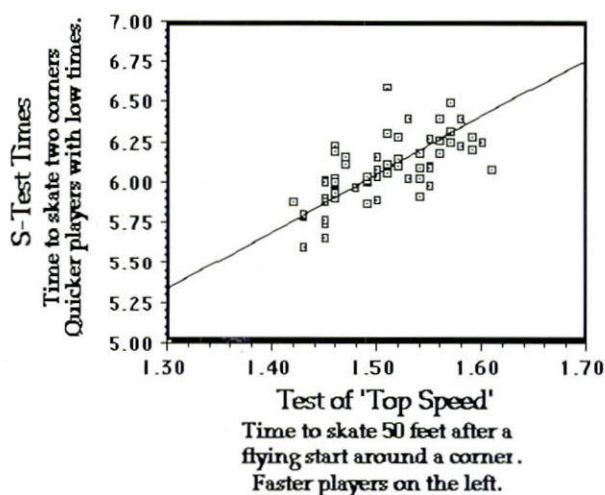


Elevating the comfort zone - a mathematical model.

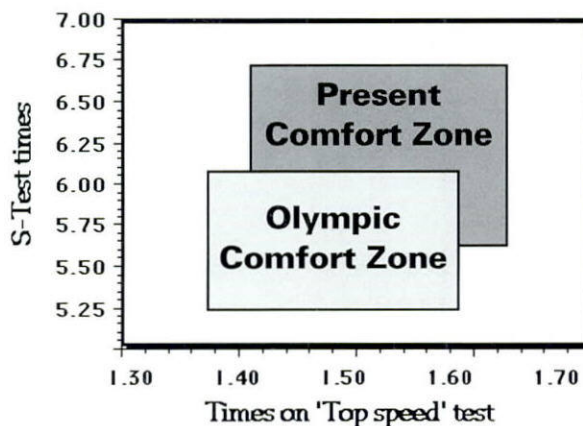
The graph below shows results on two cornering tests for 75 players who tried out for the 1991-92 U.S. Olympic Team. The test of 'Top speed' requires one high speed corner prior to timing in the neutral zone for 50 feet, and the S-test includes two corners.

A rectangle drawn around the data points could be called: 'the present comfort zone of cornering skill.'

By the end of the training season, previous Olympic teams skated corners at faster speed. Their results define the target comfort zone.



There are similar goals (but different numbers) for every team at every level.



How do we elevate the comfort zone for skating corners?

These are the BUILDING BLOCKS.

- a** Off-ice sprint training for quick feet;
- b** Sprints uphill for power, downhill for quicker strides;
- c** Plyometrics for deeper knee bend and explosive power;
- d** Slide board and roller skating intervals for muscular endurance with exaggerated knee bend — training for a low center of gravity;
- e** Squats and hip sled to strengthen the legs, challenging fast-twitch fibers;
- f** Reduction of excess weight (body fat) to reduce centrifugal force on corners;
- g** Distance work and interval training off-ice for general (non-specific) endurance;
- h** On-ice instruction and repetition of skills at a comfortable speed;
- i** On-ice over-speed intervals around corners with and without pucks;
- j** On-ice intervals with weight vests to exaggerate knee bend (form new habits);
- k** Over-speed practices for the length of a game, twice a week, over the entire season. This builds 'hockey-specific endurance.'

The incorporation of these building blocks throughout a well planned year prepares a team to play in the 'Olympic Comfort Zone' every shift of an entire game.

