

OVER-SPEED

Skill Training for Ice Hockey



Interval training on-ice
and the off-ice building blocks

by Jack
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OVER-SPEED Skill Training for hockey

To coaches and players:
For quick reading, to search for a topic, or to review: Because this book contains some scientific detail, you may find it helpful to read the highlighted red portions of the book first:

- ▶ Most chapters have an overview, which summarize the upcoming chapter. The chapter contains more detail.
- ▶ Paragraph headings are in bold letters for each new topic.
- ▶ Pictures and graphs are worth a thousand words!
- ▶ A suggested calendar can be found in the chapter on periodization. The twelve month year is divided into shorter phases within two macrophases: **In**-season and **Off**-season.
- ▶ Sample workouts are suggested for each phase of the off-season. Plan your own program based on personal goals, weaknesses and assets.
- ▶ On-ice overspeed drills are included as examples of the timed intervals. Each coach will want to design more creative drills from these simple examples.

For more detail:

Some scientific studies related to ice hockey are summarized along with the implications for a coach or player. If you want to look even further into certain topics, a bibliography is included toward the end of the book.

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Note: since there is technical detail at times, most chapters have a one page overview at the beginning which covers important topics.