

Science & Technology in Hockey Skills Training Equipment

By Sean Skinner

IIHF Coaching Symposium
World Championships
Zurich, Switzerland
May 1-3, 2009



ROCKY vs RUSSIAN

Rudimentary
Lifting Rocks
Low Cost

Scientific
Technology
High Cost \$\$\$



Hollywood switched it on us. N. America expensive training Russia bare bones

Hockey Skills Training Equipment

SKATING

STICKHANDLING

SWE Stick balls & golf balls
Heavy, Light and Big Pucks
Stick weights
Small puck Small stk blade
Attack Triangle & Quick Stick
Tape 2 Tape & Box Hockey
Sweethands & X-Deviator

SHOOTING

Power Arms
Shooting Bunge Cords
Radar Guns
Rapid Shot Shooting

PASSING

Steel Passing Ball
Rebounder
Tape 2 Tape

TECHNIQUE & STRENGTH

Hockey Treadmill
SWE Roller Treadmill
Flywheel
Plastic ice
Starting ramp
Quick start ramp
Perfect skater
Parachute
Nautilus Skate Machine
Hydraulic Skate Machine
Bromsman Squat Machine
Vert
Speedtraxx
PowerSkater
Skiers Edge Power plyo
Russian Plyo Box

Glide Discs
Slideboards

POWER & PLYOMETRICS

Skiers Edge Power plyo
Russian Plyo Box

OVERSPEED & CONDITIONING

Bunge Cords
Hockey Treadmill
Radar Guns
Slideboards

Stickhandling Equipment

Swedish Stickhandling Balls (Wooden Balls)



Golf Balls



Stickhandling Equipment

Heavy & light Pucks



The Big Puck



Stickhandling Equipment

Stick Weights - Iron Arms & Complete Shot



Stickhandling Equipment

Small Pucks

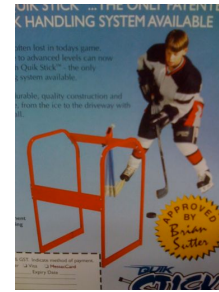


Short Stick Blade



Stickhandling Equipment

Attack Triangles



Quick Stick



Stickhandling Equipment

Tape 2 Tape



Box Hockey



Stickhandling Equipment

Sweethands



X-Deviator



Stickhandling Equipment

CONCLUSION:

Get a lightweight ball and practice!!!



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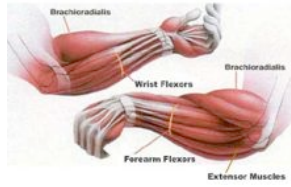
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OVERSPEED & CONDITIONING

Bunge Cords
Hockey Treadmill
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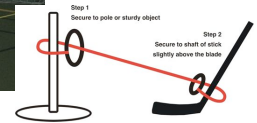
Shooting Equipment

Power Arms



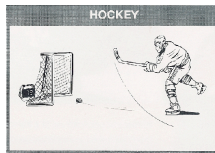
Shooting Equipment

Shooting Bungie Cords



Shooting Equipment

Shooting Radar Guns



Shooting Equipment

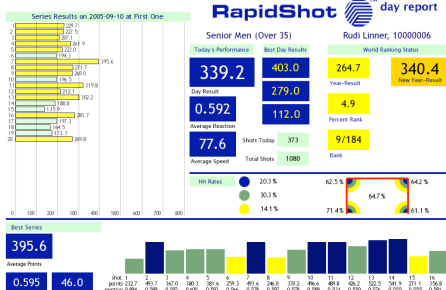
Rapid Shot Shooting System

- Reaction Time
- Quick Release
- Accuracy
- Track Ability
- World Rankings



Shooting Equipment

Rapid Shot Shooting System



Hockey Skills Training Equipment

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STICKHANDLING

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SHOOTING

- Power Arms
- Shooting Bungie Cords
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- Rapid Shot Shooting

PASSING

- Steel Passing Ball
- Rebounder
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TECHNIQUE & STRENGTH

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POWER & PLYOMETRICS

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- Russian Plyo Box

OVERSPEED & CONDITIONING

- Bungie Cords
- Hockey Treadmill
- Radar Guns
- Slideboards

- Glide Discs
- Slideboards



Passing Equipment

Steel Passing Ball



Passing Equipment

X-Passer



Passing Equipment

CONCLUSION:

Use a stick weight or steel passing balls!!!



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Skating Training Equipment

Kwik Rink - Plastic Ice



Skating Training Equipment

Hockey Skating Treadmill

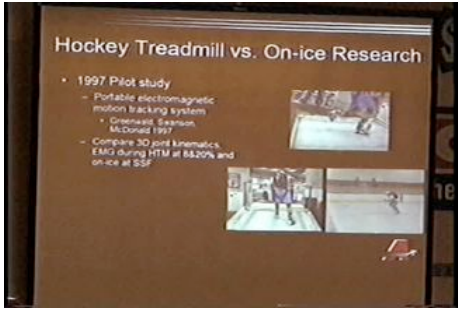


Skating Treadmill



Skating Training Equipment

Hockey Skating Treadmill



Skating Training Equipment

Roller Treadmill - SWE



Skating Training Equipment

Fly Wheel



Skating Training Equipment

Crossover Carousel



DELROTECH



Skating Training Equipment

Total Hockey - Ramp



Skating Training Equipment

Start Ramp



Skating Training Equipment

Quick Start Ramp



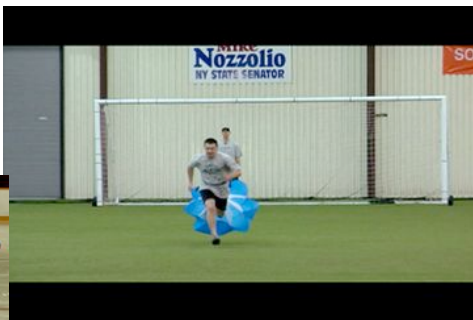
Skating Training Equipment

Perfect Skater



Skating Training Equipment

Parachutes



Skating Training Equipment

Nautilus Skate Machine



Skating Training Equipment

Hydraulic Skate Machine



Skating Training Equipment

Brosman Skate Machine - SWE



Skating Training Equipment

VERT - Velocity Enhanced Resistance Training



Skating Training Equipment

Speed Traxx



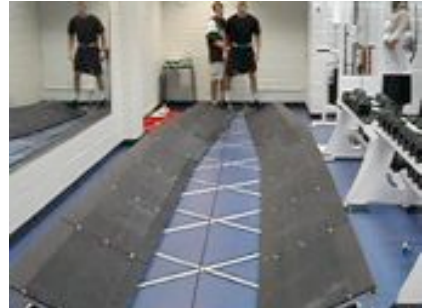
Skating Training Equipment

Power Skater



Skating Training Equipment

Skate SIM = Skating Simulator



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Skating Training Equipment

Skier's Edge - Power Plyo



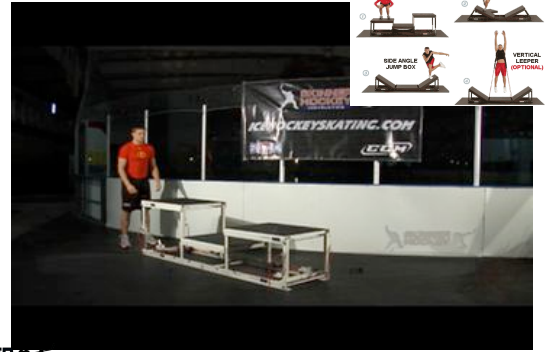
Skating Training Equipment

Russian Plyo Box



Skating Training Equipment

PowerPlyo Box



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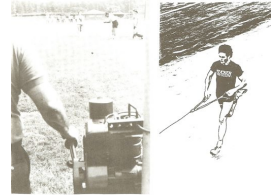
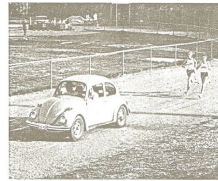
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Overspeed Training

Running downhill

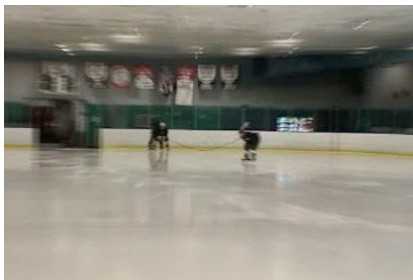
Overspeed by car

Pulled by Motor rope



Overspeed Training

Bungie Cords On-ice



Overspeed Training

Bungie Cords Off-ice



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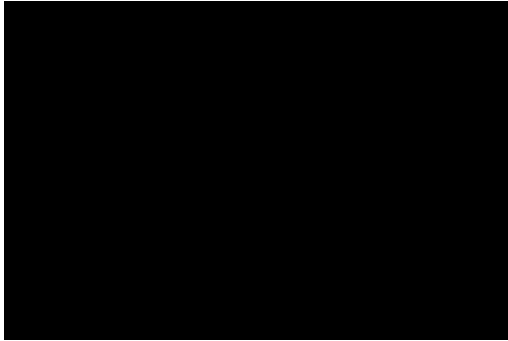
Skating Training Equipment

Glide Discs



Skating Training Equipment

Slideboards



CONCLUSION

- * Use a Lightweight Stickhandling Ball
- * Use a shooting bunge cord or PowerArm
- * Use a stick weight or steel Ball
- * Use a Slideboard

REMEMBER.... "No piece of equipment will replace hard work & a dedicated hockey player." The Hockey Doctor...Marc S. Schneider M.D.



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