Science & Technology in Hockey Skills
Training Equipment

By Sean Skinner

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

ROCKY vs RUSSIAN

Scientific Technology
High Cost $$$

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

Small Pucks

![Image](image1)

Short Stick Blade

![Image](image2)

**Stickhandling Equipment**

Attack Triangles

![Image](image3)

Quick Stick

![Image](image4)

**Stickhandling Equipment**

Tape 2 Tape

![Image](image5)

Box Hockey

![Image](image6)

**Stickhandling Equipment**

Sweethands

![Image](image7)

X-Deviator

![Image](image8)

**Stickhandling Equipment**

CONCLUSION:

Get a lightweight ball and practice!!!
Shooting Equipment

Power Arms

Shooting Equipment

Shooting Bungie Cords

Rapid Shot Shooting System

Reaction Time
Quick Release
Accuracy
Track Ability
World Rankings

Rapid Shot Shooting System

TECHNIQUE & STRENGTH

Hockey Treadmill
SWE Roller Treadmill
Flywheel
Plastic ice
Starting ramp
Quick start ramp
Perfect skater
Parachute

OVERSPEED & CONDITIONING

Bungie Cords
Hockey Treadmill
Radar Guns
Slideboards

SKATING

POWERS & PLYOMETRICS

Skiers Edge Power plyo
Russian Plyo Box

STICKHANDLING

SWE stick balls & golf balls
Heavy, Light and Big Pucks

SHOOTING

Power Arms
Shooting Bungie Cords
Radar Guns
Rapid Shot Shooting

PASSING

Steel Passing Ball
Rebounder

SLIDING

Glide Discs
Slideboards
CONCLUSION:

Use a stick weight or steel passing balls!!!
Skating Training Equipment

Hockey Skating Treadmill

Roller Treadmill - SWE

Skating Training Equipment

Fly Wheel

Crossover Carousel

Skating Training Equipment

Total Hockey - Ramp

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

Brasman Skate Machine - SWE
Skating Training Equipment

VERT - Velocity Enhanced Resistance Training

Skating Training Equipment

Speed Traxx

Power Skater

Skate SIM = Skating Simulator

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 Stik
Tape 2 Tape & Bag Hockey
Sweathands & X-Deviator

SHOOTING
Power Arms
Shooting Bungie Cords
Radar Guns
Rapid Shot Shooting

PASSING
Steel Passing Ball
Rebounder
Tape 2 Tape

SKATING

TECHNIQUE & STRENGTH
Hockey Treadmill
SWE Roller Treadmill
Flywheel
Plastic Ice
Starting ramp
Perfect skater
Parachute
Nautilus Skate Machine
Hydraulic Skate Machine
Bromoman Squat Machine
Vert
Speedtrax

POWER & PLYOMETRICS
Skiers Edge Power plyo
Russian Plyo Box

OVERSPEED & CONDITIONING
Bungie Cords
Hockey Treadmill
Radar Guns
Slideboards

Skier's Edge - Power Plyo

Skating Training Equipment
**Skating Training Equipment**

- Russian Plyo Box

**Hockey Skills Training Equipment**

**SKATING**

- Technique & Strength
  - Hockey Treadmill
  - SWE Roller Treadmill
  - Plyohuel
  - Plastic Ice
  - Starting Ramp
  - Quick start ramp
  - Perfect Skater
  - Parachute
  - Nortihuks Skate Machine
  - Hydraulic Skate Machine
  - Brozman's Squat Machine
  - Vert
  - Speedstripes
  - PowerSkater
  - Skiers Edge Power plyo
  - Russian Plyo Box
  - Glide Discs

**POWER & PLYOMETRICS**

- Shivers Edge Power plyo
- Russian Plyo Box

**OVERSPEED & CONDITIONING**

- Bungie Cords
- Hockey Treadmill
- Radar Guns
- Slideboards

**STICKHANDLING**

- SWE Stick balls & golf balls
- Hurry, Light and Big Pucks
- Stick weights
- Small puck Small stick blade
- Attack Triangle & Quick Stick
- Tape 2 Tape & Bas Hockey
- Sweethands & X-Devilator

**SHOOTING**

- Power Arms
- Shooting Bungie Cords
- Radar Guns
- Rapid Shot Shooting

**PASSING**

- Steel Passing Ball
- Rebounder
- Tape 2 Tape

**Overspeed Training**

- Running downhill
- Overspeed by car
- Pulled by Motor rope

**Overspeed Training**

- Bungie Cords On-ice

**Overspeed Training**

- Bungie Cords Off-ice
**Hockey Skills Training Equipment**

**SKATING**
- Technique & Strength
  - Hockey Treadmill
  - SWE Roller Treadmill
  - Flywheel
  - Plastic Ice
  - Starting ramp
  - Quick start ramp
  - Perfect skater
  - Parachute
  - Nautilus Skate Machine
  - Hydraulics 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**
- Bungie Cords
- Hockey Treadmill
- Radar Guns
- Slideboards

**SHOOTING**
- Power Arms
- Shooting Bungie Cords
- Radar Guns
- Rapid Shot Shooting

**PASSING**
- Steel Passing Ball
- Rebounder
- Tape 2 Tape

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

**CONCLUSION**

**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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**Skating Training Equipment**

- Glide Discs

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**Skating Training Equipment**

- Slideboards

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**Skating Training Equipment**

- **CONCLUSION**

  * Use a Lightweight Stickhandling Ball
  * Use a shooting bungie 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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