



# OFF-SEASON HOCKEY IMPROVEMENT GUIDE

The hockey season has come to an end but that doesn't mean your child can't continue working on their skills during the off-season. You don't need ice to practice shooting and stickhandling and there are low cost opportunities to get in some skating too! If your child has an interest in working on their game this summer, review this guide with them and also to be an active participant in their practice.

Do you recognize this guy?

<https://www.youtube.com/watch?v=GQK1RBm8Vx4>

## Shooting

With limited practice time, it's important that players spend time focusing on developing shooting technique at home. Your goal is to **raise the puck by the start of the season and learn the wrist shot**. Follow this progression of skills and you will be on your way to achieving this goal.



### The Wrist Shot

- Video: [How to take a Wrist Shot](#)
- When practicing shooting, proper technique is more important than raising the puck. Try to avoid "flicking" the puck as this can hinder proper shooting technique.

**Materials:** 10 pucks, net or target, shooting pad or slippery surface

#### Step 1: *Learn proper wrist shot technique*

- ★ Take 40 shots, 3x per week with proper technique.
- ★ Eventually the puck will begin to raise off the ground with more consistency.

#### Step 2: *Increase shooting power and raising of the puck*

- ★ Take 40 Shots, 3x per week and count how many pucks you raise.
- ★ Once you can raise the puck 8/10 shots, begin to shoot for accuracy.

#### Step 3: *Shooting accuracy to all areas of the net*

- ★ Hang 4 targets in the net both low and high and practice accuracy.
- ★ Take 10 shots at each target (40 total), 3x per week.
- ★ Track your accuracy scores.

#### Step 4: *Once the "wrist" is looking good, begin working on the following shots*

- ★ Backhand: [How to take a Backhand Shot](#)
- ★ Snap Shot: [How to take a Snap Shot](#)

# Stickhandling

Using a green biscuit, stickhandling ball, or a golf ball, players can greatly improve their stickhandling by practicing off the ice. Each can be purchased from most sporting goods stores. Your goal is to **practice stickhandling twice a week for at least 10 minutes**. Below are two suggested guides to help your player.



## The OMHA Player's Club 10,000 Touches

- This is an off-ice program designed to improve stickhandling and gives a goal of 10,000 touches by handling the puck for 10 minutes per day.

## [OMHA 10000 Touches](#)

## Dangletime App

- You can download the [Dangle Time](#) app onto a phone or computer. When you play the app, a coach appears modelling a variety of stickhandling skills that a player must copy. As you accumulate minutes, more "levels" are unlocked (some require money to unlock). My kids enjoy this app and do it 2-3 times per week in the offseason.

# Other Suggestions

- ★ **Hockey Specific Camps and Training Programs**
- ★ **Public Skating** Wilmot and RIM Park have public skating throughout the summer. Go out and work on your different skating skills (backwards, transitions, crossovers, etc.) in a fun environment.
- ★ **Parent and Tot Hockey** RIM has shinny for parents and young players 3x per week in the summer.
- ★ **Road Hockey** Play road hockey in the driveway with family and neighbours.
- ★ **Stay Active** Get outside and play sports!