



Kent Valley Hockey Association Spring / Summer Hockey Training

March 10, 2009

We have received numerous questions on what to do in the spring and summer. The simple answer is you need to train on a regular basis, which means almost daily. What that training entails really depends on the player's age, playing level and hockey aspirations.

When I was a youth hockey player, I skated about 300-400 hours during a winter season, mostly playing pick-up games on an outdoor rink. I used to shoot and stickhandle a puck or ball daily. As I got older, my off-ice training included what is currently considered a standard off-ice work out, but at the time was unheard of. If you want to be good, it will take a lot of training and dedication. If you want to be the best, then you have to train the best.

My recommendation is that at the very least you need to skate 3-4 times per week all year long, which comes to about 300 hours per year. Skating includes attending Stick n' Puck and Public Sessions along with your regular practice, skills clinics or any spring teams or summer hockey schools you plan to do. In a standard winter season, you are on the ice around 80-150 hours, depending on whether you play Rec. or Rep. and how many games you play. For the remaining 5 months of the year in the spring and summer, you have at least 150 hours of ice time to make up if your goal is to be on the ice 300 hours a year. That averages to about 5-6 hours of ice per week.

There are a huge number of options available, so you will need to use your training dollars wisely. A typical hockey school is usually about \$80.00 to \$130.00 per day and you usually get about 2 to 3 hours of ice with all the other off-ice activities. Compare that to an \$ 8.50 public session, a \$ 10.50 stick n' puck or one of the training sessions below and you can get more ice time with your training dollars at Kent Valley.

**Les Grauer, Coach
Executive Director/Vice President**

Spring Opportunities (thru June)

Kent Valley/West Coast Elite and Selects Spring Hockey Tournament Teams- \$ 1,100.00

For those Rep. level players looking to continue to improve their knowledge and skills in high level tournament action. It is also a great opportunity for Rec. players to see if they are ready for Rep. Level hockey, without a season long commitment. This is fun and concentrated training program through the spring and into early summer.

3 on 3 - \$ 135.00 (9 weeks), Mondays 6:30-8:00pm

Probably the best value for getting the most in fun, skill development and conditioning. It requires players to think fast and skate hard which improves overall skill development and game strategy by challenging players both offensively and defensively. Players will work on their skating, shooting and knowledge of the game while having fun. Sign up early as space is limited.

Skills Training

For those looking to improve a specific skill with specific concentration: Passing & Stickhandling; Shoot to Score and for goalies, Make the Save; and Skating. These clinics

are what you need to focus your training on a specific part of your skills. Each clinic will work exclusively on the targeted skill.

Wed. 6:30-8:00pm - Passing and Stickhandling - \$ 210.00
(10 weeks)

Stickhandling will bring your game level to its peak because you will be able to beat your opponent one on one; you will be able to see your teammates in the open and you will be able to buy time and space in order to make a play.

Thurs. 6:30-8:00pm - Shoot to Score and Make the Save - \$ 210.00 (10 weeks)

Hockey is a team sport and you have to be able to give and receive passes in order to excel at the game. Passing is a far quicker method of moving the puck than skating, and you should always quickly advance the puck to open teammates whenever possible.

Fri. 5:45-6:30pm - Power Skating - \$ 144.00 (8 weeks)

(Goaltenders are strongly encouraged to attend as skating is as important for goaltenders as it is for anyone else). There is no magic relating to skating skills.

Greatness comes from working hard and understanding the proper skating techniques and fundamentals. You can get better at any age or skill level by getting skating lessons.

Spring Learn To Play Hockey Sat. 11:15am-12:15pm (subject to change)

A continuation of the winter LTPH that runs to the end of the school year.

Robby Glantz Power Skating Clinic June 5-7

This will be there 5th annual clinic at Kent Valley Ice Centre. Learn the same techniques taught to hundreds of NHL Players. (Robbyglantz.com / 1-800-54-SKATE)

Summer Opportunities (June thru August)

Accelerated Training 2009 Summer Hockey School

Summer time concentrated on-ice and off-ice training 3-4 times per week for those wishing to work hard to get their play to the highest level possible.

3 on 3

A continuation of the spring 3 on 3 thru the summer.

Skills Training

A continuation of the spring skills thru the summer.

Passing and Stickhandling; Shoot to Score and Make the Save; Power Skating

6th Annual Friday Day Camp

A one day hockey school. Two on-ice sessions, two off-ice sessions and a video/chalk talk session. This is a fun day with plenty of skill development.

Hockey Schools

These are great opportunities for players to learn a lot in a short period of time as well as have a lot of fun, especially if they include a broad range of other training activities.

Robby Glantz is coming to Kent Valley Ice Centre on June 5th – 7th, Friday – Sunday. Check out the details by [clicking here](#) and scrolling to the Robby Glantz advertisement at the bottom of the page.

Recommended Training: (all ages)

- Shoot pucks daily. Recommend at least 250 per day.
- Minimum 25-100 push-ups and 25-100 sit-ups daily. They can be done in what ever increments that can be managed: 15's, 25's, 50's etc. and can be done all at once or split with ½ in the morning and ½ in the evening. (The best I have seen from 12 year old players is 100 push-ups in a row with perfect form and +375 sit-ups in a row.)
- 3 on 3 once a week. Besides the best training value, the kids have the most fun because of the competition.
- At least 1 skill session. In order of importance: Skating; Shooting/Saving; Passing & Stickhandling.

Registration and additional details regarding KVHA's Spring and Summer hockey programs are posted on www.KentValleyHockey.com at the following URL:

<http://www.kentvalleyhockey.com/springsummerprograms.html>