



# TOTAL FEMALE HOCKEY ELITE PERFORMANCE

*Now you can start taking your  
strength, speed, confidence, focus,  
shooting & stickhandling  
to the next level!*

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Here's What's Included Inside The ELITE PERFORMANCE PLAN...

You're getting specific programs to help you take your strength, speed, confidence, focus, shooting and stickhandling to the next level.

No fluff or filler here - just specific programs to help you have a great season!

Part A: Strength and Speed	Page 4
Part B: Mental Performance	Page 29
Part C: Shooting and Stickhandling	Page 53

This package was designed so that you can work through it at your own pace and really focus on the areas that you feel you need the most work on.

So let's get to work!

Work Hard. Dream BIG.

Your friend and coach,

*Kim*

Kim McCullough, MSc, YCS  
CEO/Director, Total Female Hockey  
Girls' Hockey Director, PEAC School For Elite Athletes

**PART A:**

**STRENGTH  
TRAINING**

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### How Total Hockey Strength will Make Players Better

In order to build a foundation of strength and stability, a player must first be able to engage the right muscles at the right times. The seven exercises chosen for *Total Hockey Strength* help players develop the neuromuscular control needed to activate the muscles that support and power hockey-specific movement patterns. By developing the proper muscle activation patterns, a player can address their most critical strength and stability needs.

The 5 most critical strength and stability needs of hockey players are:

- Core Stability
- Core Strength
- Shoulder Stability
- Single-leg Stability
- Single-leg Strength

Let's look at each of these needs in a little more detail and see which exercises in *Total Hockey Strength* will help to address them.

*Player's Needs:* Core Stability & Core Strength

*Exercises:* Front Plank, Side Plank & Reverse Crunches

Having a stable core allows players to maintain maximal body control all over the ice - whether they are making a tight turn or fighting off a check in the corner. Players who neglect to train their core stability will be at a higher risk for injury - especially to their lower back, hips and groin. By strengthening the muscles that support the spine, the athlete becomes more stable and can better develop, transfer and control the power that they generate through their upper and lower body.

In this program, the **Front Plank** and **Side Plank** exercises will address the core stability needs of the player. Although having a stable core is critical, core strength must also be addressed with hockey players. Increased core strength allows a player to produce more explosive movements, such as taking a slap-shot or delivering a hit. In this program, players will perform several variations of the **Reverse Crunch** to develop their core strength.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## How Total Hockey Strength will Make Players Better

*Player's Needs:* Shoulder Stability

*Exercises:* Two-Way Reach & Hand-to-Hand

Shoulder injuries are some of the most common injuries in hockey. These injuries can occur from the impact of taking a hit or falling as well as from having poor posture that results from spending a lot of time in a forward skating posture. By increasing shoulder stability, players will decrease the incidence of both acute and chronic injuries and will also be better able to fight off checks and deliver more power to their passes and shots.

Both the **Two-Way Reach** and **Hand-to-Hand** exercises will address the shoulder stability needs of the player while simultaneously challenging their core stability.

*Player's Needs:* Single-leg Stability & Single-leg Strength

*Exercises:* Glute Bridge & Step-ups

All players must have superior single leg strength and stability in order to maintain balance and generate power on the ice. Without adequate strength and stability in their legs, players are predisposed to overuse injuries to both the knees and lower back.

By performing the **Glute Bridges** and **Step-ups**, players will ensure that both legs are equally strong and stable through the hips, knees and ankles.

### Your Player's Most Critical Strength and Stability Needs and the Total Hockey Strength Exercise that Addresses it

Core Stability.....Front Plank & Side Plank

Core Strength.....Reverse Crunch

Shoulder Stability.....Two-Way Reach & Hand-to-Hand

Single-leg Stability.....Glute Bridge

Single-leg Strength.....Step-ups

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Total Hockey Strength Program Outline

- There are 7 exercises included in Total Hockey Strength.
- There are 3 stages in Total Hockey Strength; Beginner, Intermediate and Advanced.
- Each exercise has a different variation for each of the 3 stages. For example, the Glute Bridge has a Beginner, Intermediate and Advanced variation.
- Each stage is also divided into 3 separate levels: Introduction, Progression and Benchmark. The exercise variations do not change within each level, but the number of repetitions the athlete does or the time they hold the position for increases as they progress between the levels of a given stage.
- Once the athletes progresses through the Introduction, Progression and Benchmark levels of a stage (let's say Beginner), they can move on to the next stage - which in this case is Intermediate.
- There are 9 levels total in Total Hockey Strength, from Beginner - Introduction all the way to Advanced - Benchmark.
- Each level is approximately 2 weeks long. Players should perform 3 workouts per week - so that they do 6 workouts at each level.
- Each workout should be completed as a circuit. Players should do 1 set of the first exercise (Glute Bridge) and then immediately go on to the next exercise (Front Plank). Once they have done 1 set of all 7 exercises, they should go back to the first exercise and repeat the sequence. They will cycle through the exercises three times in each workout.
- Players should take a maximum of 30 seconds rest between each exercises and 1 minute rest between circuits.
- Players should use a 1-0-1 training tempo for all exercises (except for the holding exercises like plank). They should take 1 second to perform the movement and 1 second to move back to the starting position.
- Players must focus on doing every exercise as perfectly as possible. If they rush through the program, they will not properly develop the strength and stability they need to excel on the ice and prevent injury.
- Finish each workout with 10 minutes of stretching for the 4 muscle groups predominantly used in hockey (included at the end of this manual).

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Beginner Stage

#### A PLAYER'S STORY - Injury Concerns

##### **Madison, Age 11, Forward (as well as basketball, soccer and softball player)**

Madison and her mother, Caroline, came to me looking for a strength and flexibility program after Madison pulled her groin at the end of season provincial tournament. Of course, our initial focus was on fixing the injury as quickly as possible. But the main goal was to get her as ready as possible for tryouts - which were only 6 weeks away!

Because Madison played so many other sports during the off-season, I gave her a program that she could do on her own at home to address her injury and get her in the best shape possible for the tryouts. Her entire strengthening program consisted of the exercises included in *Total Hockey Strength*.

Although I tried to get her to stretch as much as possible, Madison (like most young players) didn't have the patience to sit around and go through a bunch of different stretches. So we focused entirely on the 4 stretches included in this manual. She agreed to spend 10 focused minutes every day on these stretches.

Within the first two weeks, Madison's groin injury had almost entirely cleared up and she wanted to increase the intensity of the training. I assured her that sticking with the program and working her way through the first six weeks would get her prepared for the tryouts - without aggravating her previous injury. She stayed the course, focusing on progressively building strength and stability in her 'hockey' muscles.

In the 3rd week, Madison started skating once a week to get herself ready for tryouts. Her mom called me after the first ice session and was ecstatic. She said that Madison felt no pain at all and actually looked more comfortable out on the ice than she had before the injury.








This story ends as any good success story should - Madison made the team! And even better than that, she hasn't had any groin injury problems since.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Total Hockey Strength Beginner Stage

### Beginner Introduction Level Workout - Weeks 1 & 2

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.

Exercise	Sets and Reps
1) Glute Bridge: Two Leg Raise & Lower (see pg 31 for description) 	3 x 10 repetitions
2) Front Plank: Hold (see pg 32 for description) 	3 x 30 seconds
3) Two-Way Reach: Y-T Arm Lift (see pg 33 for description) 	3 x 10 repetitions each way
4) Side Plank: Hold with Knees Bent (see pg 34 for description) 	3 x 10 seconds each side
5) Hand-to-Hand: Touch Across Knees Down (see pg 35 for description) 	3 x 5 repetitions each arm
6) Reverse Crunch: Anchored with Knees Bent (see pg 36 for description) 	3 x 10 repetitions
7) Step-Up: Basic Step-Up (see pg 37 for description) 	3 x 10 repetitions each leg










# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Total Hockey Strength Beginner Stage

### Beginner Progression Level Workout - Weeks 3 & 4

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.








Exercise	Sets and Reps
1) Glute Bridge: Two Leg Raise & Lower (see pg 31 for description) 	3 x 20 repetitions
2) Front Plank: Hold (see pg 32 for description) 	3 x 45 seconds
3) Two-Way Reach: Y-T Arm Lift (see pg 33 for description) 	3 x 20 repetitions each way
4) Side Plank: Hold with Knees Bent (see pg 34 for description) 	3 x 20 seconds each side
5) Hand-to-Hand: Touch Across Knees Down (see pg 35 for description) 	3 x 8 repetitions each arm
6) Reverse Crunch: Anchored with Knees Bent (see pg 36 for description) 	3 x 15 repetitions
7) Step-Up: Basic Step-Up (see pg 37 for description) 	3 x 15 repetitions each leg

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Beginner Stage

#### Beginner Benchmark Level Workout - Weeks 5 & 6

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.

Exercise	Sets and Reps
1) Glute Bridge: Two Leg Raise & Lower (see pg 31 for description) 	3 x 30 repetitions
2) Front Plank: Hold (see pg 32 for description) 	3 x 1 minute
3) Two-Way Reach: Y-T Arm Lift (see pg 33 for description) 	3 x 30 repetitions each way
4) Side Plank: Hold with Knees Bent (see pg 34 for description) 	3 x 30 seconds each side
5) Hand-to-Hand: Touch Across Knees Down (see pg 35 for description) 	3 x 10 repetitions each arm
6) Reverse Crunch: Anchored with Knees Bent (see pg 36 for description) 	3 x 20 repetitions
7) Step-Up: Basic Step-Up (see pg 37 for description) 	3 x 20 repetitions each leg

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Intermediate Stage

#### A PLAYER'S STORY - Growth Spurt Havoc

##### Catherine - age 12, AA defenseman

Growth spurts can reek havoc on the bodies (and minds) of young players. Not only do they feel less coordinated on the ice, but they get worried that they are getting worse and start to lose their confidence.

Catherine fit this description to a 'T'. She was a naturally strong kid, but found that she was losing her balance more and more out on the ice when trying to contain the opposing forwards.

Her father, Mike, came to me concerned that his daughter was falling behind the other kids in terms of strength. He wanted Catherine to start lifting weights to increase her ability to be effective in the defensive zone and take booming slapshots.

I told Mike that weight training can be used quite successfully with young athletes, as long as they have a solid foundation of strength and stability to build upon. I assured him that with Catherine having just finished her first growth spurt, that trying to teach her complex weight training exercises would be counterproductive. I told him that with all the changes that his daughter's body was going through, introducing more major change would do more harm than good. We agreed to focus on reinforcing Catherine's strength and stability first, before starting with a weight training program.

Within four weeks of starting *Total Hockey Strength*, Catherine emailed me (I often get emails from my young athletes) and said that she was starting to feel more like herself out on the ice. Her shots were stronger than ever and she felt much more balanced on his skates.








After a few weeks of rest at the start of the off-season, we started Catherine on a very basic weight training program, in addition to continuing the body-weight exercise program we had already been doing. With the strength and stability Catherine had already built in her muscles and joints, the effects of the more traditional weight training were greater than what her father had hoped for. As Catherine played in her weekly summer hockey games throughout the summer, her performance continued to improve. Simply put, she was a stronger, faster (and better) player on all parts of the ice.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Total Hockey Strength Intermediate Stage

### Intermediate Introduction Level Workout - Weeks 7 & 8

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.








Exercise	Sets and Reps
1) Glute Bridge: Two Leg Raise One Leg Lower (see pg 31 for description) 	3 x 16 repetitions (8 on each leg)
2) Front Plank: One Leg Up (see pg 32 for description) 	3 x 10 seconds each side
3) Two-Way Reach: Contralateral Y-T Arm Lift (see pg 33 for description) 	3 x 10 repetitions each way
4) Side Plank: Hold with Legs Straight (see pg 34 for description) 	3 x 10 seconds each side
5) Hand-to-Hand: Touch Across in Plank (see pg 35 for description) 	3 x 5 repetitions each arm
6) Reverse Crunch: Anchored with 10 sec lower (see pg 36 for description) 	3 x 5 repetitions
7) Step-Up: Step-Up with 45' upper body (see pg 37 for description) 	3 x 10 repetitions each leg

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Intermediate Stage

#### Intermediate Progression Level Workout - Weeks 9 & 10

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.








Exercise	Sets and Reps
1) Glute Bridge: Two Leg Raise One Leg Lower (see pg 31 for description) 	3 x 20 repetitions (10 on each leg)
2) Front Plank: One Leg Up (see pg 32 for description) 	3 x 20 seconds each side
3) Two-Way Reach: Contralateral Y-T Arm Lift (see pg 33 for description) 	3 x 20 repetitions each way
4) Side Plank: Hold with Legs Straight (see pg 34 for description) 	3 x 20 seconds each side
5) Hand-to-Hand: Touch Across in Plank (see pg 35 for description) 	3 x 8 repetitions each arm
6) Reverse Crunch: Anchored with 10 sec lower (see pg 36 for description) 	3 x 8 repetitions
7) Step-Up: Step-Up with 45' upper body (see pg 37 for description) 	3 x 15 repetitions each leg

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Intermediate Stage

#### Intermediate Benchmark Level Workout - Weeks 11 & 12

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.

Exercise	Sets and Reps
1) Glute Bridge: Two Leg Raise One Leg Lower (see pg 31 for description) 	3 x 24 repetitions (12 on each leg)
2) Front Plank: One Leg Up (see pg 32 for description) 	3 x 30 seconds each side
3) Two-Way Reach: Contralateral Y-T Arm Lift (see pg 33 for description) 	3 x 30 repetitions each way
4) Side Plank: Hold with Legs Straight (see pg 34 for description) 	3 x 30 seconds each side
5) Hand-to-Hand: Touch Across in Plank (see pg 35 for description) 	3 x 10 repetitions each arm
6) Reverse Crunch: Anchored with 10 sec lower (see pg 36 for description) 	3 x 10 repetitions
7) Step-Up: Step-Up with 45' upper body (see pg 37 for description) 	3 x 20 repetitions each leg

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Advanced Stage

#### A PLAYER'S STORY - Sore and Weak

##### Sarah, age 14, Midget AA

Sarah was a promising young player who was playing up an age group for the first time and doing quite well at that level. She was extremely motivated to improve and was willing to do whatever it took to get noticed on the ice.

To be honest, she reminded me an awful lot of myself at that age.

Sarah had been involved in off ice training for a few years and was already doing strength and speed training with her own team. Her father, Doug, and I met at a prospects tournament and he had a few concerns about Sarah's development.

Doug thought it was great that she was so enthusiastic and committed to getting better, but was concerned by the fact that she always seemed to be tired, sore and injured. I immediately had flashbacks to my own experiences at that age.

Sarah was on the ice 5-6 days a week with her rep team, played on her high school team twice a week in addition to doing two days of off-ice training with her team. Add school and social life to that, and it was no mystery why she was so tired.

It may seem strange that I would recommend her doing the *Total Hockey Strength* program in addition to everything else she was already involved with. But with all the soreness and tightness she was playing through, I knew that just doing the program 3 days a week for 20 minutes (plus 10 minutes of stretching) would make a huge difference in how she felt.








Sarah started using the *Total Hockey Strength* program in January. She was not only loosening up the overworked and tight skating muscles in her legs and hips, but she was building strength and stability through her core and shoulders. Within one week of starting the program, she was already feeling less sore and stiff. Her father commented on how her posture, both on and off the ice, looked remarkably different at the beginning of February - after only 4 weeks of following the program. Sarah continued to excel on the ice and felt better than ever. She continued on with the program through the end of the season. She even did the exercises on the days that she felt most sore and tired, and found that her diligence was rewarded with her feeling more flexible and energetic.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Advanced Stage

#### Advanced Introduction Level Workout - Weeks 13 & 14

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.

Exercise	Sets and Reps
1) Glute Bridge: One Leg Raise and Lower (see pg 19 for description) 	3 x 10 repetitions
2) Front Plank: One Arm Up (see pg 20 for description) 	3 x 10 seconds each side
3) Two-Way Reach: Contralateral Y-T Arm Lift with Transition (see pg 21 for description) 	3 x 10 repetitions each way
4) Side Plank: Hold with Leg Elevated (see pg 22 for description) 	3 x 10 seconds each side
5) Hand-to-Hand: Reach Forward in Plank (see pg 23 for description) 	3 x 5 repetitions each arm
6) Reverse Crunch: Anchored Legs Up Bent and Down Straight (see pg 24 for description) 	3 x 5 repetitions
7) Step-Up: Step-Up & Lunge Down (see pg 25 for description) 	3 x 10 repetitions each leg










## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Advanced Stage

#### Advanced Progression Level Workout - Weeks 15 & 16

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.








Exercise	Sets and Reps
1) Glute Bridge: One Leg Raise and Lower (see pg 19 for description) 	3 x 15 repetitions
2) Front Plank: One Arm Up (see pg 20 for description) 	3 x 20 seconds each side
3) Two-Way Reach: Contralateral Y-T Arm Lift with Transition (see pg 21 for description) 	3 x 20 repetitions each way
4) Side Plank: Hold with Leg Elevated (see pg 22 for description) 	3 x 15 seconds each side
5) Hand-to-Hand: Reach Forward in Plank (see pg 23 for description) 	3 x 8 repetitions each arm
6) Reverse Crunch: Anchored Legs Up Bent and Down Straight (see pg 24 for description) 	3 x 8 repetitions
7) Step-Up: Step-Up & Lunge Down (see pg 25 for description) 	3 x 15 repetitions each leg

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Total Hockey Strength Advanced Stage

#### Advanced Benchmark Level Workout - Weeks 17 & 18

- Perform this workout 3 times each week with one day rest between workouts for 2 weeks
- Perform a total of 3 circuits - 3 sets of each exercise.

Exercise	Sets and Reps
1) Glute Bridge: One Leg Raise and Lower (see pg 19 for description) 	3 x 20 repetitions
2) Front Plank: One Arm Up (see pg 20 for description) 	3 x 30 seconds each side
3) Two-Way Reach: Contralateral Y-T Arm Lift with Transition (see pg 21 for description) 	3 x 30 repetitions each way
4) Side Plank: Hold with Leg Elevated (see pg 22 for description) 	3 x 20 seconds each side
5) Hand-to-Hand: Reach Forward in Plank (see pg 23 for description) 	3 x 10 repetitions each arm
6) Reverse Crunch: Anchored Legs Up Bent and Down Straight (see pg 24 for description) 	3 x 10 repetitions
7) Step-Up: Step-Up & Lunge Down (see pg 25 for description) 	3 x 20 repetitions each leg

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Total Hockey Strength Exercise Descriptions

### GLUTE BRIDGE - *Builds Single-Leg Stability*

#### BEGINNER - Two-Leg Raise & Lower



**Set-up:** Start lying on your back with knees bent at 90 degrees, heels on the floor hip width apart and arms down by your sides.

**Movement:** Push down into the ground with your heels and squeeze your glutes (butt) to lift your hips up until your stomach lines up flat with the front of your thighs. With control, lower your butt to lightly touch the floor and push right back up without relaxing the glutes or letting the knees move in or out during the movement. Repeat the movement until you have completed the required number of repetitions.

#### INTERMEDIATE - Two-Leg Raise with One-Leg Lower



**Set-up:** Start lying on your back with knees bent, heels on the floor, feet together and arms down by your sides.

**Movement:** Push down into the ground with your heels and squeeze your glutes to lift your hips until your stomach lines up flat with the front of your thighs. Straighten one leg at the top of the movement so that the knees remain side by side. Slowly lower back to the ground using the other leg without letting your hips dip to the side. Continue this pattern - lifting with two legs & lowering with one leg, switching the legs each time, until you have complete the required number of repetitions.

#### ADVANCED - Single-Leg Raise & Lower



**Set-up:** Start lying on your back with knees bent, feet together and heels on the ground. Bend one knee and hold it in towards your chest.

**Movement:** Push down through the heel of the leg on the ground and squeeze your glute to lift your hips off the ground. You want to lift as high as possible without arching your lower back. Lower under control and then push back up through the heel. Perform the required number of repetitions with one leg and then switch sides.

### TECHNIQUE TIPS

- Fully engage your glutes on each repetition by squeezing the butt throughout.
- The goal is to lift yourself up by using your glutes and not by arching your lower back.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Exercise Descriptions

### FRONT PLANK - *Builds Core Stability*

#### BEGINNER - Hold



**Set-up:** Start lying on your stomach with your elbows directly underneath your shoulders and your feet hip width apart.

**Movement:** Raise your body up parallel to the ground so that you are in a perfectly straight line. Your legs must be completely straight - squeeze the front of your thighs and your glutes. Make sure to keep your abdominals tight and pull your elbows towards your feet without moving them. Hold this position for the prescribed amount of time.

#### INTERMEDIATE - Hold with Leg Lift



**Set-up:** Start lying on your stomach with your elbows directly underneath your shoulders and your feet hip width apart.

**Movement:** Raise your body up parallel to the ground so that you are in a perfectly straight line. Lift your left leg 3 inches off the ground by contracting your left glute. Keep the raised leg completely straight throughout. Hold this position for the prescribed amount of time and then repeat with the right leg.

#### ADVANCED - Hold with Arm Lift



**Set-up:** Start lying on your stomach with your elbows directly underneath your shoulders and your feet hip width apart.

**Movement:** Raise your body up parallel to the ground so that you are in a perfectly straight line. Take your left hand, place it on your right armpit and hold that position. Make sure that your hips remain level to the ground and you aren't twisting your body in order to maintain your balance. Hold this position for the prescribed amount of time and then repeat with the right arm.

#### TECHNIQUE TIPS

- Always keep the body in a perfectly straight line.
- Concentrate on pushing the legs straight throughout all movements.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Exercise Descriptions

### TWO-WAY REACH - *Builds Shoulder Stability*

#### BEGINNER - Y-T Arm Lift



**Y Set-up:** Start lying on your stomach with your arms straight overhead, legs together and thumbs pointed towards the ceiling. Bring your arms down to a 45 degree angle so that your body forms a 'Y'.

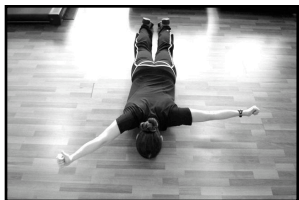
**Movement:** While keeping the arms perfectly straight, lift both arms off the ground by squeezing your shoulder blades together. Lower the arms to touch the ground and repeat until you have completed the required number of repetitions.



**T Set-up:** Start lying on your stomach with your arms straight out to the sides (thumbs pointed towards the ceiling) and legs together so that your body forms a 'T'.

**Movement:** While keeping the arms perfectly straight, lift both arms off the ground by squeezing your shoulder blades together. Lower the arms to touch the ground and repeat until you have completed the required number of repetitions.

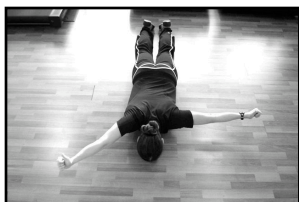
#### INTERMEDIATE - Contralateral Y-T Arm Lift



**Set-up:** Start lying on your stomach with one arm in the 'Y' position & one arm in the 'T' position.

**Movement:** Lift both arms off the ground by squeezing your shoulder blades down and together. Perform the required number of repetitions in this position and then switch the position of the arms and perform the remaining repetitions on the other side.

#### ADVANCED - Contralateral Y-T Arm Lift with a Transition



**Set-up:** Start lying on your stomach with one arm in the 'Y' position & one arm in the 'T' position.

**Movement:** Lift both arms off the ground by squeezing your shoulder blades down and together. Keep the arms elevated and switch their positions so that 'Y' becomes 'T' and 'T' becomes 'Y'. Lower to touch the ground and lift again. Keep alternating sides on each repetition until you have completed all repetitions.

#### TECHNIQUE TIPS

- Ensure that your chest remains in contact with the ground and that your legs are relaxed throughout the movements.
- Avoid bringing your shoulders towards your ears while lifting your arms.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Exercise Descriptions

### SIDE PLANK - *Builds Core Stability*

#### BEGINNER - Hold with Knees Bent



**Set-up:** Start lying on your side with your elbow directly underneath your shoulder and your forearm flat. Your legs should be bent at 90 degrees with the front of your thighs in direct line with your stomach.

**Movement:** Raise your body up to form a perfectly straight line from shoulder to knee. Focus on contracting the side abdominals on the side closest to the floor. Hold this position for the prescribed amount of time and repeat on the other side.

#### INTERMEDIATE - Hold with Legs Straight



**Set-up:** Start lying on your side with your legs straight, elbow directly underneath your shoulder and forearm flat. The heel of your front leg should be touching the toe of your back foot.

**Movement:** Raise your body up so that you are in a perfectly straight line. Focus on contracting the side abdominals on the side closest to the floor. Hold this position for the prescribed amount of time and repeat on the other side.

#### ADVANCED - Hold with Leg Lift



**Set-up:** Start lying on your side with your legs straight, elbow directly underneath your shoulder and forearm flat.

**Movement:** Lift the upper leg up to hold it six inches above your lower leg. Your top leg should be directly above your lower leg and in line with the rest of your body. Keep both toes pointing forward at all times. Hold this position for the prescribed amount of time and repeat on the other side.

### TECHNIQUE TIPS

- Always keep the thighs and stomach in a perfectly straight line and make sure that your butt doesn't stick out behind you.
- Make sure your elbow stays directly underneath your shoulder so as not to place undue stress on your shoulder.



# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Exercise Descriptions

### HAND-TO-HAND REACH - *Builds Shoulder Stability*

#### BEGINNER - Touch Across with Knees Down



**Set-up:** Start in a kneeling position with your hands on the ground (slightly wider than shoulder width apart) so that your upper body is at a 45 degree angle. Your body should form a straight line from your shoulders to your knees.

**Movement:** Lift your right hand off the ground and move it to touch your left armpit. Return the hand to the start position and repeat with the left arm. Focus on making smooth transitions from hand to hand - limit any movement in your hips and keep your body straight and stationary throughout. Alternate hands until you have completed the required number of repetitions.

#### INTERMEDIATE - Touch Across in a Plank Position



**Set-up:** Hold your body in a perfectly straight line off the ground with your arms and legs straight, hands shoulder width apart, feet hip width apart and abdominals tight. Your body must form a straight line from your shoulders to your feet.

**Movement:** Lift your right hand off the ground and move it to touch your left armpit. Return the hand to the starting position and repeat with the left arm. Focus on making smooth transitions from hand to hand and keeping the legs perfectly straight throughout. Alternate hands until you have completed the required number of repetitions.

#### ADVANCED - Reach Forward in a Plank Position



**Set-up:** Hold your body in a perfectly straight line off the ground with your arms and legs straight, hands shoulder width apart, feet hip width apart and abdominals tight. Your body must form a straight line from your shoulders to your feet.

**Movement:** Lift your right hand off the ground and reach as far forward as possible without altering your body position and place the hand down. Reach the left hand out and match the position of the right hand. Return the right hand to the start position followed by the left hand. Your body should remain straight and stationary throughout the arm movement. Alternate the 'leading' hand on each repetition.

#### Technique Tips:

- Make sure that your body remains perfectly still throughout all arm movements.
- Your knees should never bend and your hips should never rotate or drop.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Exercise Descriptions

### REVERSE CRUNCH - *Builds Core Strength*

#### BEGINNER - Anchored Crunch with your Legs Bent



**Set-up:** Start lying on your back with your knees bent, feet together, heels tucked in towards your butt and arms holding on to a bench/partner that is fixed and won't move if you pull on it.

**Movement:** Squeeze your lower abdominals and lift your knees toward your head, ending when your knees are over your nose. Slowly lower back down to the starting position under complete control until your butt contacts the ground. Continue to pull your heels toward your butt throughout the entire movement. Repeat the movement until you have completed the required number of repetitions.

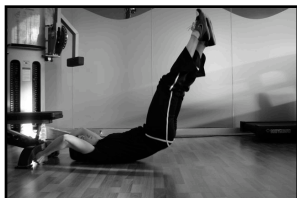
#### INTERMEDIATE - Anchored Crunch with a 10 Second Lower



**Set-up:** Start lying on your back with your knees bent, feet together, heels tucked in towards your butt and arms holding on to a bench/bed/partner that is fixed and won't move if you pull on it.

**Movement:** Squeeze your lower abdominals and lift your knees toward your head, ending when your knees are over your nose. Slowly lower back down to the starting position under complete control for a count of 10 seconds. Rest for 5 seconds in between each repetition. Repeat for the required number of repetitions.

#### ADVANCED - Anchored Crunch with Legs Bent Up & Straight Down



**Set-up:** Start lying on your back with your knees bent, feet together, heels tucked in towards your butt and arms holding on to a bench//bed/partner that is fixed and won't move if you pull on it.

**Movement:** Squeeze your lower abdominals and lift your knees over towards your shoulders without letting your heels lose contact with your glutes. At the top the movement, straighten out the legs towards the ceiling while keeping them together and then slowly lower your legs back down to the ground. Make sure that you are contracting your lower abdominals throughout the lowering and aren't feeling strain in your lower back. Repeat for the required number of repetitions.

#### Technique Tips

- Avoid using momentum. Keep the motion smooth throughout and avoid dropping down too quickly.
- Keeping the heels close to the butt throughout will prevent you from placing undue stress on your spine.

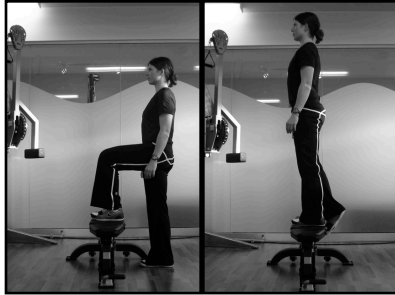


# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Exercise Descriptions

### STEP-UP - *Builds Single-Leg Strength*

#### BEGINNER - Basic Step-Up



**Set-up:** Stand facing a bench that is at knee height. Place one foot up on the bench so that the entire foot is on the bench, the knee is bent at no greater than a 90 degree angle and your upper body is perfectly upright.

**Movement:** Push down into the heel of the foot that is on the bench and step up onto the bench without pushing off the back leg. At the top of the movement, your 'stepping' leg should be completely straight before the 'back' leg touches the bench. Slowly lower back down to the starting position and repeat until you have performed all the required repetitions on one leg. Then switch legs and repeat the sequence with opposite leg.

#### INTERMEDIATE - Basic Step-Up with the Upper Body at a 45 degree angle



**Set-up:** Stand facing a bench. Place one foot up on the bench so that the entire foot is on the bench, the knee is bent at no greater than a 90 degree angle and your upper body is at a 45 degree angle - simulating an exaggerated hockey skating position. Make sure that when you lean forward you bend through the hips and don't round your back or shoulders.

**Movement:** Push down into the heel of the foot that is on the bench and step up onto the bench without pushing off the back leg and without losing your 45 degree bend. At the top of the movement, your 'stepping' leg should be completely straight before the 'back' leg touches the bench. Slowly lower back

down to the starting position and repeat until you have performed all the required repetitions on one leg. Then switch legs and repeat the sequence with the opposite leg up on the bench. Keep the upper body at a 45 degree angle throughout the entire movement sequence.

#### ADVANCED - Step Up with a Lunge Down



**Set-up:** Stand facing a bench (that is between knee and hip height). Place one foot up on the bench so that the entire foot is on the bench, the knee is bent at no greater than a 90 degree angle and your upper body is perfectly upright.

**Movement:** Perform the Basic Step-up as described above. As you lower down, step far enough back with the 'back' leg to perform a deep lunge while keeping the top foot on the bench. Bend the back knee straight down towards the ground while keeping the knee of the upper leg directly over the ankle. Ensure that the upper body remains completely vertical throughout the entire lunging motion. Then push up through the

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Exercise Descriptions

#### STEP-UP continued

heel of the top leg again to perform another step-up. Perform all of the required number of repetitions on on leg and repeat on the opposite leg.

#### Technique Tips:

- Focus on doing all the work with the ‘top’ leg - there should be no push off the back leg. Avoid allowing the knee to move in or out during the movement up and down in order to focus on the stability of the knee.
- Ensure that your shoulders do not round forward at any point during the movement.

#### ALL THE EXERCISES and ALL OF THEIR PROGRESSIONS

EXERCISE	BEGINNER	INTERMEDIATE	ADVANCED
GLUTE BRIDGE	Two-leg Raise & Lower	Two-leg Raise with One-leg Lower	Single Leg Raise & Lower
FRONT PLANK	Hold	One Leg Up	One Arm Up
TWO-WAY REACH	Y-T Arm Lift	Y-T Contralateral Lift	Y-T Contralateral Lift with Transition
SIDE PLANK	Hold with Knees Bent	Hold with Legs Straight	Hold with Leg Elevated
HAND-TO-HAND REACH	Touch Across with Knees Down	Touch Across in Plank	Reach Forward
REVERSE CRUNCH	Knees Bent	Ten second lower	Legs Up Bent & Down Straight
STEP-UP	Basic Step-up	Step-up with 45 degree Upper Body	Step-Up & Lunge Down

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

## Simple Stretching Program

When hockey players neglect to stretch out the muscles they use when playing, those muscles stay in a shortened state, which increases the chances of soreness and injury.

The four muscle groups that are most critical for players to stretch are:

- Hip Flexors (where the front of the thigh attaches to the hip)
- Quadriceps (front of the thigh)
- Glutes (buttocks)
- Groin (inside of the thighs)

Perform the **4 stretches** below immediately after your strength workout or right before going to bed.

**Hold each stretch for at least 1 minute.** If it is a one-sided stretch, hold it for 1 minute on each side. This program should take less than 10 minutes total and will really help to loosen up the muscles that get over-used throughout the season.

**NOTE:** Players should not be straining or bouncing to try and move further into the stretch. The goal of stretching is NOT to go as far as possible but rather to stretch as far as is necessary in order to feel the muscle lengthening while remaining relaxed.



### **Kneeling Hip Flexor Stretch**

*Purpose: Elongate the hip flexors*

Start out in a kneeling position with one knee down and both knees at 90 degrees. Pull your arms straight up overhead, squeezing your biceps by your ears. Lean your weight forward slightly on your front leg and pull your hands up towards the ceiling to increase the stretch through the front of the back leg. Make sure that you aren't leaning back but instead thinking

about making yourself as tall as possible. Hold for 1 minute on each side.



### **Side Lying Quadriceps Stretch**

*Purpose: Elongate the hip flexors and quadriceps*

This stretch is a little tricky to get into initially, but does a terrific job of stretching out the hip flexor and quadriceps of the leg that is being pulled back. Start lying on your side and grab on underneath the knee of the leg that is closest to the floor.

Reach back and grab the shin or foot of the top leg and pull your heel towards your buttocks. Make sure that you stay on your side and aren't pulling yourself over onto your back. To increase the stretch, squeeze the glute (butt) of your top leg and push your hips forward slightly. Hold for 1 minute each side.

# TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

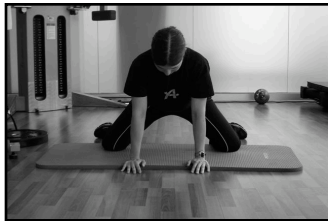
## Chapter 10: Simple Stretching Program



### **Kneeling Figure 4 Glute Stretch**

*Purpose: Elongate the external rotators of the hip*

This is a stretch that is commonly performed on the ice and is equally effective when performed off the ice. Start out in a kneeling position and use your hand to pull one leg into the bent position with the outside of your knee touching the floor. Straighten out your back leg behind you. If you are unable to position your front leg at 90 degrees, you can move your front heel closer to your hips. Make sure that you are not rolling out onto the side of the front leg and that your hips are even relative to the floor. Hold for 1 minute on each side.



### **Knees Wide Groin Stretch**

*Purpose: Elongate the hip adductors (groin)*

Start out on your hands and knees. Slowly move your knees as wide apart as possible while keeping your toes pointing out to the side. Use your hands to support yourself in this position and push your body back towards your feet slightly to increase the stretch. If this bothers your knees, bring your feet closer together. Hold for 1 minute.

# PART B:

# MENTAL PERFORMANCE

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### This is the overview of your step-by-step MENTAL PERFORMANCE PLAN

*All the details of how to complete this plan are in the manual.*

#### GOAL SETTING & GOAL GETTING

***Most people can SET big goals- but they don't have a plan in place to GET them.***

1. Set your ULTIMATE hockey goals.
2. Write your personal mission statement.
3. Set your goals for what you want to achieve in the next 4 years, 1 year and 4 months.
4. Take your goal for the next month and break it down into what you need to do in each of the next 4 weeks to move you closer to that monthly goal.
5. Look at the next week and set 3 goals you want to achieve. Then write down three smaller daily goals that will move you closer to meeting those weekly goals.
6. At the end of this week, review the goals you set for each day and write down whether you achieved them or not. If you did, great (and maybe you can shoot a little higher next week). If you didn't reach them all, ask yourself why and make a plan to make sure you can achieve them next time.
7. Repeat steps #5 and #6 for the rest of the season - always keeping your ultimate goal in mind, along with your big goals for the next 4 years, 1 year and 4 months.

#### FOCUS - Goal Setting Gives You Focus

##### Pre & Post Game/Practice Notes

1. Get a small notebook that you will use to write down and review your goals.
2. Before each practice, write down 1-3 things you will focus on during the skate.
3. After each practice, review those goals - did you achieve them or not?
4. Before each game, write down 3-5 things you will focus on to showcase your strengths, fulfill your responsibilities and help your team succeed.
5. After each game, review those goals - did you achieve them or not?

##### Distractions & Mistakes

1. Identify your top 3 distractions - both internal and external.
2. What you can do to avoid having those distractions influence your performance?
3. Spend 5-10 minutes writing down how you tend to react when you make a mistake and what you are currently doing to help yourself bounce back from that mistake. Identify what you might need to change to minimize those mistakes and how you react, regroup and recover from them.

#### CONFIDENCE - Goal Getting Gives You Confidence

##### Calling Card

1. Create your own "calling card". Ask your coach, parents, teammates if it accurately reflects your strengths and identity as a player.

##### Greatest Hits

1. Start your own "greatest hits list". Write down all of the amazing things you do this season.
2. Review this list before every game and add to it every time you do something great.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### **INTRODUCTION: Three Keys To Developing Your Mental Game**

Hockey experts agree that 80% of hockey performance is mental and 20% is physical. We often focus all of our efforts towards building the physical side of the game, instead of taking the time to develop the mental game. And it is this lack of attention to the mental side of the game that is preventing so many teams and players from taking their performance to the next level.

Figuring out how to improve the mental side of the game presents a huge challenge to coaches, parents and players alike. To ensure that you are 100% prepared for every game, and you can perform your best, you need to have strategies on hand that address the 3 critical aspects of mental performance.

The ability to stay **set & get goals, and to get & stay focused and confident** are critical skills that you need to master and use constantly in order to have a successful season and hockey career.

### **Goal Setting & Goal Getting**

Most of us do a decent job of setting goals and not much in the way of ensuring that we “get” them. Every high school aged player I’ve presented to over the last 3 years (that’s well over 4000 players) has told me that they want to play college hockey and represent their national team. Those are great goals to set - but how are you going to get from where you are now to where you want to be? What are you going to do today to bring yourself closer to your dreams? You need a plan - and you’ll learn how to put together your personal plan in the pages that follow.

### **Focus**

You must learn to focus only on the things that are under your control. While it is impossible to control what everyone else in the rink is doing, you always have complete control over your thoughts and your actions. Learning how to focus on your own performance, while maintaining a positive attitude and tireless work ethic, will positively influence your game and help you take your performance to the next level.

### **Confidence**

In order for you to be confident, you have to believe in your ability to perform on the ice and know that you are contributing positively to the team. You to identify your strengths, define your role on the team and set realistic expectations for your performance. But, most importantly, you must realize that you are largely responsible for your own confidence. If you constantly look to others to boost your confidence, you become reliant on them, instead of on yourself. By taking control of your own confidence, you empower yourself to be your best both on and off the ice.

These are the skills that you need to develop to take your mental game to the next level.

**Now let’s look at the strategies that are going to help you to get there.**

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### GOAL SETTING & GETTING: EXCELLENCE IS A CHOICE

Make the commitment to yourself to be great. No one else can do this for you.

#### **What are you doing to separate yourself from everyone else?**

You have a responsibility to yourself to achieve the level of success that you set for yourself both on and off the ice. Don't worry about what other people want you to do or what they think you should do or what they expect you to do.

#### **What do you want to achieve?**

Becoming a elite female hockey player is all about self-determination. It is all about HARD WORK that starts before everyone else gets to the rink and finishes after they leave. No one is going to hand you success. You have to go out there and get it yourself.

The moment you realize that you are in complete control of your success, that's the day that you can start becoming a great female hockey player.

The truth is that most players aren't willing to do the hard work off the ice to make the on-ice part look easy. They say they want to be great, but they don't do all the little things on a daily basis that will help them get there.

#### **Do the little things.**

Warm-up before every practice and game.

Eat right every day and stretch every night.

Finish every drill hard and lead out on the ice.

Do your off-ice training all year long.

If you do what everyone else does, you are going to achieve what they achieve.

WANT MORE from yourself.

EXPECT MORE from yourself.

DO MORE for yourself.

What are you going to do MORE of today to make yourself great?

**Set your goals and then do everything in your power to go get them.**



## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### STEP 1: WRITE YOUR PERSONAL MISSION STATEMENT

#### What Will Achieving Your BIG Goal Mean To You?

When you set a BIG goal, it gives you focus.

When you achieve that BIG goal, you do much more than succeed.

- \* You become more confident. And that confidence allows you to set (and achieve) even bigger goals.

- \* You find out that you have the power to inspire and motivate others.

- \* You discover that nothing that can stop you when you put your mind to achieving a goal and take the action needed to make it happen.

There is nothing more rewarding than setting a BIG goal and achieving it.

I want to help you set and achieve all your BIG goals and now is the perfect time to start.

Maybe you want to win the league championship. Or you want to move up into the top half of the league standings. Maybe you want to win the starting position in net. Or work your way up from the third line to the first line. Maybe you just want to solidify your position on the team for next season. Whatever it is, you need to know what you want to achieve and what it would mean to you to achieve it.

What is your ULTIMATE goal and what will achieving that goal will mean to you?

- Does it mean that you will transform your season from being “just another year” to being “your best season ever”?

- Does it mean that you’ll have the chance to show everyone who has ever doubted you that you can (and will) succeed?

- Does it mean that all the hard work and dedication you have put in on and off the ice will all be worth it in the end?

Whatever it means to you, you need to write it down.

There is no better way to determine how serious you are about taking your game to the next level, than by writing out your mission statement.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### STEP 1: WRITE YOUR PERSONAL MISSION STATEMENT

The most successful players I've played with, and the most successful coaches I've played for, have all written out their mission statements. If you have never used this powerful motivation & performance strategy, I guarantee that it will give you the kick in the butt to finally take your game to the next level.

I'll share my one of my personal mission statements from the start of the 2010 season to give you an idea of what writing one is all about.

#### **Coach Kim's mission statement to take her game to the next level is...**

Today is August 1 and I have just finished my plan for helping my players get to the next level as athletes and people this season. Our hard work and dedication to being the best we can be as individuals and as a team will drive us towards our goals.

Our commitment will drive us towards our goals to:

- Go undefeated in all of our games this season - 20 total
- To have all our players moving up to the next club team level at tryouts
- To attract more dedicated and talented players to our program for next season

My players' individual success and our team's overall success will definitely inspired me to take even more action towards my ultimate goal of helping as many aspiring girls hockey players reach their goals on and off the ice. Reaching out to as many players, parents and coaches as possible this season and giving them the information and inspiration they need to succeed will be critical in helping me fulfill my life's purpose.

There is no question in my mind that our players will become more skilled by the end of the season. More importantly, they will become more focused, confident, respectful, responsible and appreciative of the opportunity that they have earned to be in the best position to succeed on and off the ice. I look forward to hearing parents and opponents talk about the quality of our team on the ice and the quality of our girls as people off the ice. I want my players to recognize that when they put in the time and effort to be great, they will love the fact that they are playing better, feeling better and let's face it - winning.

It's the small improvements each and every day that will continue to make the difference. We will all strive for perfection, knowing that this will at least guarantee us that we will become better today than we were yesterday.

**So there you have it - my mission statement for the 2010 season. What's yours?**

**Grab a piece of paper and write your mission statement now before you go on to the rest of the manual.**

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### STEP 2: PUT TOGETHER THE BIG PICTURE

This can seem overwhelming. You don't need to know your exact path to your hockey dreams yet. You can always change your plans and path along the way, but you need to give yourself some initial targets. Set your goals and get to work on achieving them.

<b>YOUR ULTIMATE GOAL</b>	
What is your ultimate goal for your hockey career?	
<b>YOUR BIG GOAL</b>	
What do you need to achieve in the next 4 months to move you closer to your ultimate goal?	
<b>YOUR MONTHLY GOALS</b>	Month 1:
What are you going to achieve in the next 4 months to get closer to your big goal?	Month 2:
	Month 3:
	Month 4:

**Now that you have your set your BIG goals, we can get started on the week-by-week and day-to-day plan that will allow you to “get” your goals and move closer to your hockey dreams.**

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### STEP 3: BREAKING DOWN YOUR ULTIMATE GOALS

The two “ultimate” goals for aspiring female hockey players are:

1. To play college hockey
2. To play in the Olympics

Those are both great goals to have, but how exactly are you going to get there? You need to break your ULTIMATE goal down into smaller yearly, monthly, weekly and daily goals. You need to have a PLAN that is going to allow you to move a little bit closer to your ultimate goal each and every day.

5 Steps For Breaking Down Your Hockey Goals:
ULTIMATE
BIG
MONTHLY
WEEKLY
DAILY

Here’s how to break down your ULTIMATE goal by the power of 4 and 3:

1. **Set your BIG goal** - what do you want to achieve in the next 4 months?
2. **Set your MONTHLY goal** - what do you want to achieve in the next 4 weeks?
3. **Set your WEEKLY goal** - what 3 things are you going to do this week to move you closer to your ultimate goal?
4. **Set your DAILY goal** - what 3 things can you do today to move you closer to that goal?

**Here is an example of how I might have broken down my ULTIMATE goal of playing college hockey when I was in the summer before 11th grade:**

**ULTIMATE goal:** Play college hockey at a Division 1 NCAA school

**BIG goal:** To get noticed by the college coaches in the fall tournaments

**MONTHLY goal:** To commit 100% to the next phase of my training program so that I have the strength, speed and stamina I need to stand out on the ice.

**WEEKLY goals:**

1. Record every workout I do and how I felt before and after each one so I can start to build my peak performance plan for how to prepare to play my best once the season starts (ie. what foods did I eat, how much sleep did I get, what did I think about).
2. Research the 5 schools that I think would be the best fit for me in terms of the 3 S’s: sports, school and social. Send the coaches an email expressing my interest in their program and requesting more information.
3. Go grocery shopping and pick up the healthy foods I need to be able to train hard and recover quickly from my workouts.

**DAILY goals:**

1. Drink more water. Carry my full water bottle with me at all times.
2. Stretch for 10 minutes before I go to bed.
3. Set a specific goal for my training session (ie. keeping my abs tight during my whole strength workout) to keep me focused.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### STEP 4: PUT YOUR DAILY PLAN IN PLACE

#### SAMPLE WEEKLY GOAL GETTING PLAN

<b>Date:</b>		<b>Quote of the week:</b> You and your opponent want the same thing. The only thing that matters is who works the hardest for it.	
<b>WEEKLY GOALS</b>	My 3 Goals for This Week Are...	Goal 1:	
		Goal 2:	
		Goal 3:	
<b>DAILY GOALS</b>	My 3 Goals for Today Are...	Day 1:	1. 2. 3.
	My 3 Goals for Today Are...	Day 2:	1. 2. 3.
	My 3 Goals for Today Are...	Day 3:	1. 2. 3.
	My 3 Goals for Today Are...	Day 4:	1. 2. 3.
	My 3 Goals for Today Are...	Day 5:	1. 2. 3.
	My 3 Goals for Today Are...	Day 6:	1. 2. 3.
	My 3 Goals for Today Are...	Day 7:	1. 2. 3.
<b>GOALS RECAP</b>	How did I do this week?	3 Things That Went Great	1. 2. 3.
		3 Things To Improve On Next Week	1. 2. 3.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### **FOCUS: Know What You Want & Exactly How You Will Get It**

Over the years, I never found that I was particularly successful with doing the traditional pre-game visualization. My mind usually started to wander pretty quickly, and even when I was able to maintain a quiet focus on what I needed to do, I never really found that it translated into a better on-ice performance. Maybe I didn't practice it enough, but after trying to make it work for a few years, I decided that I needed to try a different strategy.

#### **FOCUS STRATEGY #1: PRE & POST GAME NOTES**

One thing that I found worked consistently throughout my entire career playing at the elite level was writing out pre-game and post-game notes.

I started a new little spiral bound notebook at the beginning of each season and wrote down 5 to 10 things I was going to focus on for the upcoming game. I wrote the pre-game notes before I got to the rink so that the ideas had time to settle in my mind before I started physically getting ready for the game.

Then after the game was finished, I spent 3 minutes writing down a quick recap of the game, focusing on what I did well and what I needed to improve on for the next game. This simple exercise helped me become AWARE of the areas that I needed to focus on.

What was I writing in the book?

**The aspects of my performance that I had complete control over.**

It would be great if I could have just written down, "Score 3 goals" and it would magically happen. But unfortunately, that's not how this process works.

#### **Focus On Process-Based (Not Outcome-Based) Goals**

Instead of writing down the outcome-based goal (getting a hat-trick), I would write down what I was specifically going to focus on in order to achieve this goal. I might say, "I will shoot whenever I have an opportunity to get the puck on net". This is a process-based goal that is completely under my control. I can't control whether the goalie is going to make the save or if I am even going to get the chance to get three shots on net during the game, but I can commit to shooting the puck whenever I get the opportunity.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Write Down What Comes Naturally

The key to this focusing strategy is to just write down whatever comes naturally. I always had to fight the temptation to look back at past notes and “cheat” on my pre-game notes. And you know what? Those days that I found myself searching for things to write down were the days that I didn’t perform as well. The games where I was able to write down 5 to 10 points about what I was going to do during the game quickly, were the games where I played my best.

In the beginning, it can be hard to figure out what to write down. When I was struggling to come up with ideas, I would think about 1 or 2 things that I could focus on in each section of the ice (defensive, neutral and offensive zone, as well as on the bench) that would help my teammates and I perform our best. As you get more familiar with the process, it becomes much easier to do.

For example, if you are playing a team that night that you have already played 8 times during the season, you will have a pretty good sense of their systems and tendencies. You don’t want to focus too much on their game - after all, the point of this exercise is to stay focused on the things that you have complete control over.

But, if you are a winger and you know that the other team uses a really aggressive forecheck where their defensemen always pinch down, you might write down, “Keep my head on a swivel and chip the puck out of the zone under pressure”. Notice how you have made the note personal, as opposed to saying, “Watch out for their aggressive forecheck”. Keeping your head on a swivel and focusing on getting the puck out under pressure are things that you have complete control over.

### A Note About Post-Game Notes

I have always found that consistently committing to writing down post-game notes is similar to how a lot of people approach post-game stretching.

We always say that we’ll get to it later - and then we never do it.

This post-game reflection is critical because it allows you to assess how well you did with our goals for that particular game. If you wrote down that you were going to focus on getting your feet moving as quickly as soon as you touched the puck, the best time to ask yourself whether you accomplished this goal is right after the game. I typically write down what the score of the game was, 4 or 5 things that I did really well (some of which may not have been on my goal list for the game that day) and 3 or 4 things that I need to improve on for the next game.

This is a great way to put the game “to bed” and give some closure. Of course when we play a great game or our team performs particularly well, we want to live in that moment as long as possible. And when we don’t do so well, we tend to dwell on it for far too

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

long. Analyzing the game quickly and making some quick notes allows us to summarize our thoughts and feelings about it and then move on. That's why it is critical to write some specific action steps that you are going to take so that you can move forward instead of dwelling on the past. These might look something like:

- Follow every shot I take to the net to find rebounds.
- Communicate more with my teammates on the forecheck.
- Refocus on my primary goals after every shift.

You might choose these particular points because you missed a great rebound chance in the game, got all mixed up on the forecheck system and found yourself dwelling on the mistakes you made in the game instead of how you were going to fix them. Notice how I have framed these in a positive, pro-active way. Instead of focusing on what I didn't do, these action steps focus on what I will do the next time I am out on the ice.

### DEALING WITH DISTRACTIONS

It is hard to maintain your cool when you are down by two goals late in the third and the ref calls yet another questionable penalty on your team. It is difficult not let your frustrations show when you aren't getting as much ice time as you would like. And a rowdy "hometown" crowd in a visitor's rink can be enough to throw anyone off their game. There are always going to be potential distractions lurking around each and every corner of the rink.

So how do you maintain your composure in the face of all of these distractions? First, it is important to remember that:

**Distractions are only distractions if you let them affect you.**

Distractions can be broken down into two categories: **internal and external**. Some players are more prone to being affected by internal distractions, such as over-thinking and self-doubt, while others are more affected by external distractions, such as poor officiating and unruly fans. For example, I rarely noticed the crowd when playing in big games, but was more likely to fall victim to over-thinking on the ice.



## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

Here are examples of some common distractions that affect players:

Internal Distractions	External Distractions
Over-thinking	Poor and unfair officiating
Doubting yourself & your abilities	Bad ice conditions
Comparing yourself to other players	Players arriving late
Worrying about making a mistake	Loud fans
Wanting to impress a family member who has come to watch you play	Arriving at arena late because of bad traffic or a snowstorm
Worrying about a test you have tomorrow	Forgetting a piece of equipment
Being intimidated by players on the other team	Coaches changing the line-up at the last minute

### Identify Your Top 3 Distractions

Players should identify the 3 distractions that affect them most and note whether they are more prone to internal or external distractions.

Your “Top 3” list of distractions might look like this:

- 1) Over-thinking on the ice (internal)
- 2) Arriving late and not being able to go through your pre-game routine (external)
- 3) Getting frustrated by poor calls by the referees (external)

Once you are AWARE of which distractions you are prone to, you can start to use your refocusing strategies to regroup. For example, if you know that you are prone to over-thinking your actions on the ice, then you might notice how you tend to stop moving your feet when you get the puck instead of accelerating with it. To overcome this internal distraction, you could start using a word such as “explode” to remind you to get your feet moving when you get the puck. Similarly, if you find yourself getting frustrated by poor officiating, you have to remind yourself that the referee’s actions are completely beyond your control and focus on what you need to do - kill off the penalty and get back to full strength.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### DEALING WITH MISTAKES

It is great for players to be focused and confident going into the game.

But how do they react when they make a mistake?

Hockey is a game of mistakes and it is those teams and players who recover quickly that are going to excel. Players have to develop the ability to be able to **recognize** that they made the mistake, **regroup** quickly and **refocus** on the task at hand.

Unlike distractions, where players often have to do some self-analysis to figure out which ones affect their performance negatively, everyone knows when they have made a mistake. If you don't know that you made a mistake, then it probably isn't going to affect you anyways.

The most critical thing to do after you have made a mistake during a game is letting it go and to forget about it as quickly as possible. This is often "easier said than done" - especially when you score on your own net or miss a sure goal on an open net.

No matter how big you think the mistake was, there is absolutely nothing that you can do to change it. It is now in the past and you can't go back in time and make it go away. But you do have control over how you react afterwards. That is called playing in the moment. In fact, how you choose to react after a mistake says a great deal about what type of player you are.

When you react negatively to a mistake, whether outwardly (like slamming your stick against the boards) or inwardly (by telling yourself that you can't do anything right), you have let that mistake affect your bottom line. Remember that you need to stay focused on what you can control.

Although you do have complete control over your own performance, you can't control what happened in the past. You have the choice to either let the mistake get to you or to move on. Since there is absolutely no benefit to dwelling on the mistake, the choice is clear: **you have to move on.**

#### **Here's Your Task:**

Spend 5-10 minutes writing down how you tend to react when you make a mistake and what you are currently doing to help yourself bounce back from that mistake. Identify what you might need to change to minimize those mistakes and how you react, regroup and recover from them.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### “Flush It”

One tool that has always worked well for many players is to think about “flushing” their mistakes down the toilet. I know, it sounds a little strange - but trust me, it works.

When you get back to the bench after a tough shift, just take your mistake and “flush it”. Once you “flush it”, it is gone forever - or at least until after the game when you want to take the time to reflect on both the positive and negative aspects of your performance.

You can “flush it”, “park it”, or “throw it out the window”. Do whatever works for you. The most important thing is that you move on immediately. In hockey, a few seconds can change everything.

### EFFECTIVE BREATHING

Due to the unpredictable nature of hockey, keeping your emotions in check is a huge key to your success on the ice. Players often find themselves going from one extreme to the other. First you need to pump yourself up for the game and then you need to calm yourself down so that you don't end up in the penalty box.

Effective breathing is a technique used by athletes in every sport imaginable and allows them to focus on the present. When you are worrying, chances are that you are thinking either about what happened (the past) or what is going to happen (the future). The truth is that you cannot do anything about either one!

Therefore, if you catch yourself worrying, take a really long and deep breath (6 seconds in and 6 seconds out) to help you refocus on the present and the task at hand. You can do this before game, in between shifts, during the flood or even in between whistles out on the ice.

### Pre-Game Breathing

I started using this strategy during my first year of university and it became a critical part of my pre-game routine.

I would find a seat up in the stands where I could sit and see the centre ice face-off dot. I would stare at the dot and focus on my breathing. I would take long deep breaths in for a count of 8 seconds and then breathe out for a count of 8 seconds while staring at the dot. Staying focused on the face-off dot was sometimes a lot more difficult than others. Sometimes I would find my mind wandering - I would start thinking about the exam I had the day before or focusing on what other people around the rink were doing. But I would not let myself get up from that seat in the stands until I had completed 8 long slow breaths on a count of 8 seconds. Some nights I would get to 5 and then find myself watching the game that was been played out on the ice, and have to start again.

## **TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN**

This breathing routine really helped me to clear my mind before game. This was incredibly valuable for me since I tended to be too much of a “thinker”, instead of just letting the game come to me out on the ice. I found I was able to use the same technique on the ice in between shifts to refocus myself after a tough shift. Instead of taking 8 breaths, I would focus on getting in as many long breaths as I needed between shifts to clear my head. I got to the point where I could move on from a tough shift or big mistake in only a breath or two and get back to focusing what I would do on the next shift.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### **CONFIDENCE: No One Gives You Confidence It Comes From You**

Having confidence is all about believing in yourself. It is recognizing your doubts and fears and doing something about them. When we look to others to boost our confidence, we become reliant on them instead on ourselves. Knowing your strengths and your role on the team will allow you to perform your best.

#### **CONFIDENCE STRATEGY #1: CALLING CARDS**

Every player, irrespective of age, position and ability level, should have their own “calling card”. These cards help you to focus on your personal strengths and re-focus when you are struggling. It allows you to identify your role on your team more clearly and gives you a sense of accountability and responsibility to both yourself and your teammates.

##### **Role Identification**

To create your personal “calling card”, write down a few key points that identify the strengths that you bring to the team. These are the qualities that you must embrace in order for you to succeed at a personal level and for the team to succeed as a whole. It is important that every player has a physical calling card. Not only does the act of writing these points down help to make them more concrete and real, but it gives you something you can refer back to throughout the season.

##### **Personal Accountability**

A key feature of creating the calling card is that you must hold yourself accountable to the key qualities they have identified. You must make sure that you never fail at 'delivering' on those promises to both yourself and your team. Once your role has been clearly defined, you can set realistic expectations for your performance.

Now just because you have identified your role today, it doesn't mean that you are forever bound the exact details of it forever. For example, you may start out the season as a fourth liner who sees no time on speciality teams and end up as a second liner who plays the penalty kill a few months later. Obviously, your role would change as the season progressed, and you would alter your “calling card” to reflect those changes.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### How to Write A “Calling Card”

Most players already know what details their 'calling card' will include. You may be a defensive specialist or a goal-scoring machine. It makes no difference what your strengths are - you must embrace them fully.

Here is how a player might format their card:

Hello.
My name is: _____.
I am: _____, _____, and _____.

Here is an example of what my playing “calling card” looks like:

Hello.
My name is: <u>Kim McCullough</u> .
I am: <u>versatile team player with a great game sense</u> and a <u>strong work ethic</u> .

So what's does this card tell me about how my role?

I can play any position, create opportunities for both myself and my teammates, and I will not be out-worked or out-hustled by anyone.

This card would look very different if I was a pure goal scorer, a goalie, or in my first few years of playing the game.

What would my responsibilities, to both myself and my teammates, look like as a result of this card?:

- 1) I must be willing to do whatever it takes to help the team.
- 2) I must be calm and composed under pressure, both with and without the puck.
- 3) I must never let up no matter how sore, tired or frustrated I might become.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

First and foremost, I must hold myself personally accountable to the points on my card to make sure that I am living up to these expectations. I must also recognize that my teammates are going to hold me responsible for filling this role, just as I will hold them responsible for theirs.

Sometimes it is hard to stay focused on your role in the heat of an important game or in the later stages of the long season. Knowing that you must hold yourself accountable to the qualities of your calling card will help you to remain focused and stay positive, as these are qualities that you are confident that you will be able to call upon at any time no matter what the circumstances.

### **Kim's Story: The Power of the "Calling Card"**

In my third year of college, our team was ranked #1 in the country for the entire season. We were a team of great players who started the year off on a 20 game winning streak.

Although we were a great team, we didn't really have any true superstars. What I mean by that is that the majority of our players played a significant on-ice role in our team's success and we didn't rely on two or three players to carry the load.

All three of our lines were legitimate scoring threats - our top three scorers all played on different lines. We had 3 defensive pairs that were equally strong and saw equal time on both the power-play and penalty-kill units. Our goalies rotated in the starting position - not because our coach wanted them to have equal ice time - but because they were both equally as good.

What a problem to have, right? As you can imagine, most teams had a lot of trouble matching up with us because of the depth of our talent.

Our problem wasn't our performance.

It was that most players were having difficulty defining their role on the team.

For example, if you are the leading scorer on the team, you generally think that you will be out on the ice for every power-play situation and every time you are down a goal at the end of the game. If, as a goalie, you got a shut-out the night before, you expect to have the chance to play the next day.

It turned out that our greatest strength - depth - was also the biggest problem for us players, as well as for the coaches.

We continued our winning ways, but as we were getting closer to the playoffs, there was a strange feeling in the air. Some players were frustrated that they weren't getting the opportunities to play that they felt they deserved. Others were nervous that they would

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

lose their precious playing time once the playoffs began. We were no longer the happy, go-lucky #1 team that we had been at the beginning of the year, even though we were still ranked #1.

### How did we solve the problem?

Our coaches could have just called each one of us into their office and asked us what we thought our role was and then told us what they believed our role was.

But they did something really great.

They turned our role identification through calling cards into a team event.

Before practice, the coaches called us over to the boards. They told us that they realized we were struggling with identifying our individual roles on the team and wanted to take this opportunity to share their thoughts about each of us in front of the team.

Now before you get all worried about players getting embarrassed about hearing what the coaches really thought in front of the entire team, we were given the option of not having them read out the card. But no one took that option.

It was actually pretty neat to hear what the coaches really thought about each and every player on the team. The cards were very positive and focused on each player's individual strengths and how those abilities benefited the team as a whole.

Here's what my card said:

(How do I still know exactly what it said? Because I still have it - it was that powerful.)

You are a very, very different player than you were three years ago. You were a raw talent when you arrived. Now, you are a complete player. You skate much better, you protect the puck very well, you work hard in both ends of the ice, and you can release the puck faster than just about any player I have seen in the women's game. Part of that is that you always get yourself into position to fire the puck. You are aware of where the net is and how your body needs to be positioned in order to receive and release more quickly than the goalie can react. You are a goal scorer, that developed from a role player, so you have a solid handle on what your responsibilities are all over the ice. I think that you know what you bring to this team. Sometimes you may wonder what we think you bring to the team. Bottom line: we can't afford to not have you out there.

Pretty powerful stuff. You can imagine how empowering it was for us as players to hear all of these positive remarks coming right from the coaches.



## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

But what was really amazing was to see how these individual reports affected the team as a whole.

We all of a sudden knew exactly where each and every one of us stood, what we brought to the table and what we were going to be counted upon to do as we went into the playoffs so that the team would succeed. For the most part, the comments confirmed what we already knew and believed about each other. But the act of the coaches not only addressing the issue in front of the team, but doing so on an individual level, was transformative.

What was the result?

Two league championships and a happier, more confident, team.

### **CONFIDENCE STRATEGY #2: GREATEST HITS LIST**

Have you ever found yourself thinking, “Can’t I do anything right?”

It’s human nature to focus on the negative instead of the positive. The problem is that whatever we decide to think about is what our mind becomes focused on.

Notice how I used the word “decide”. We always have a choice as coaches, parents and players to decide what we want to focus on.

I remember sitting in the car after some of my worst games with my father and feeling like I was the worst player in the world. No matter how much he tried to assure me otherwise, I wasn’t going to give in. I was a bad player - end of story.

Now when I had a great game, I was “Little Miss Positive”. Nothing could bring me down from cloud nine. I would spend the car ride home recounting all the highlights of the game to my father, who would nod in agreement (probably laughing to himself - remembering how I had told him that I was without a doubt the worst player who had ever played just the night before).

It was like that one single great performance could erase every mistake I had ever made. That was of course until the next bad game, when I quickly forgot that I had ever played a decent game.

I continued to ride this roller-coaster of excitement and self-doubt all the way through my minor hockey career. And it only got worse once I hit college. I constantly felt like my every action was being scrutinized and I was always worried about making a mistake. I struggled to find ways to stay focused on the positive, instead of being paralyzed by the negative.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### Write The Positives Down

It wasn't until I had been out of university hockey for three years that I finally found a way that I could maintain my focus on the positives of my performance.

I started keeping a "Greatest Hits List".

Every time I made an amazing outlet pass or dove across our crease to block a sure goal, I wrote it down on a sheet of paper. I didn't write down every time that I did my job on the in-zone or ran a good power-play - these were the "best of the best", the types of plays that I probably couldn't replicate even if I tried my hardest. Over the course of a 30 game season, I may have ended up with 15 or 20 "hits" on the list. There were times that I went 3 games without a "hit" and games where I had 2 or 3.

The key was that I took the time after each and every game to make note of these great plays. It wasn't my teammates or my coach telling me what to write - I came up with the list on my own. After all, there are always going to be amazing moments that your coach or teammates miss.

### What Do You Do with The "List"?

You review it before each and every game.

I found that I could actually see myself making each and every one of those plays as though they had just happened the night before. I was essentially arming myself with the knowledge that I was a great player - after all, I had shown it so many times before.

I have always found that visualization is tough thing for young athletes to do prior to a game. Whenever I tried to "imagine" myself executing the breakout or making the perfect back-door pass on the power-play, I found that my mind would wander. Like many young players, I wasn't able to think in the abstract terribly well.

On the other hand, focusing on specific plays that I had executed perfectly in the past was easy. It was like watching a videotape of myself playing a perfect shift in my head. This type of visualization I could do. Slowly but surely I started to believe that if I could be great once, I could be great again.

As the season progresses, you will develop a greatest hits list that you can refer to time and time again. Sure you may have had a tough day yesterday, but history shows that you have played great many times before.

And don't they always say that history repeats itself?

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### My Greatest Hits List

- 3 great escape moves (in a row!) from forecheckers on breakout against Wildcats
- One timer into the top corner against Chiefs to win the game
- No shots allowed on 2 5-on-3's in OT against the Flames
- Great shot block (sliding across crease) to save sure goal against Hawks
- Completely shut-down Blues' top scorer and didn't let them get a shot on net all game
- 
- 

### The Victor

by C. W. Longenecker

If you think you are beaten, you are,  
If you think you dare not, you don't.  
If you like to win, but you think you can't,  
It is almost certain you won't.

If you think you'll lose, you're lost,  
For out in the world we find,  
Success begins with a fellow's will.  
It's all in the state of mind.

If you think you are outclassed, you are,  
You've got to think high to rise,  
You've got to be sure of yourself before  
You can ever win a prize.

Life's battles don't always go  
To the stronger or faster man.  
But soon or late the one who wins,  
Is the one who thinks they can.

**No one can give you confidence. You must believe in yourself.  
Belief gives birth to reality. Create your own reality.**

## **ATTITUDE**

The longer I live, the more I realize the impact of attitude on my life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

---Charles Swindell

# PART C:

# SHOOTING & STICKHANDLING

## **TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN**

This program is very easy to follow.

On the next page, you'll find a list of all the videos that show you exactly how to do all the shooting and stickhandling drills.

On the rest of the pages, you'll find specific worksheets to follow for each workout. So you can have that in front of you as you work through the video to make sure you're getting the most out of your session.

Pretty simple.

Work Hard & Focus On The Details.

## TOTAL FEMALE HOCKEY ELITE PERFORMANCE PLAN

### LINKS TO ALL OF THE SHOOTING & STICKHANDLING VIDEOS

<a href="http://www.totalfemalehockey.com/stick_shoot_1_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_1_2010.shtml</a>	WRIST SHOT #1
<a href="http://www.totalfemalehockey.com/stick_shoot_2_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_2_2010.shtml</a>	DRIBBLING #1
<a href="http://www.totalfemalehockey.com/stick_shoot_3_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_3_2010.shtml</a>	WRIST SHOT #2
<a href="http://www.totalfemalehockey.com/stick_shoot_4_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_4_2010.shtml</a>	DRIBBLING #2
<a href="http://www.totalfemalehockey.com/stick_shoot_5_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_5_2010.shtml</a>	BACKHAND #1
<a href="http://www.totalfemalehockey.com/stick_shoot_6_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_6_2010.shtml</a>	TOE DRAGS #1
<a href="http://www.totalfemalehockey.com/stick_shoot_7_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_7_2010.shtml</a>	BACKHAND #2
<a href="http://www.totalfemalehockey.com/stick_shoot_8_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_8_2010.shtml</a>	TOE DRAGS #2
<a href="http://www.totalfemalehockey.com/stick_shoot_9_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_9_2010.shtml</a>	SNAP SHOTS #1
<a href="http://www.totalfemalehockey.com/stick_shoot_10_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_10_2010.shtml</a>	FEET DRILLS #1
<a href="http://www.totalfemalehockey.com/stick_shoot_11_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_11_2010.shtml</a>	SNAP SHOTS #2
<a href="http://www.totalfemalehockey.com/stick_shoot_12_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_12_2010.shtml</a>	FEET DRILLS #2
<a href="http://www.totalfemalehockey.com/stick_shoot_13_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_13_2010.shtml</a>	SLAP SHOTS #1
<a href="http://www.totalfemalehockey.com/stick_shoot_14_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_14_2010.shtml</a>	FAKES
<a href="http://www.totalfemalehockey.com/stick_shoot_15_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_15_2010.shtml</a>	SLAP SHOTS #2
<a href="http://www.totalfemalehockey.com/stick_shoot_16_2010.shtml">http://www.totalfemalehockey.com/stick_shoot_16_2010.shtml</a>	FIGURE 8s

## WRIST SHOT ROUTINE #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball/Soccer Ball Side Twist Throw: 3 sets of 10 repetitions on each side
2. Push-Pull Shot Technique: 3 sets of 10 repetitions at high speed
3. Back To Front Drag-Throughs: 2 sets of 10 repetitions
4. Shadow Shots - Low Follow-Through: 2 sets of 20 repetitions

**Execution:**

1. Low Wrist Shots: 150 shots total
  - a. 50 shots to the bottom left corner
  - b. 50 shots to the bottom right corner
  - c. 50 shots to the five hole

### NOTES:

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- Low shots should be between 0-10 inches off the ice.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

### Key Points To Remember:

- Check your hand position first (elbow to fist).
- Cup the puck on your blade throughout the entire drag-through phase.
- Push-pull on every shot.
- Aggressive hip turn leads to more power.
- Low follow-through for low shots.
- Technique is more important than speed.



# STICKHANDLING DRIBBLE ROUTINE #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Dribbling Basics:
  - Cupping with top hand only: 2 sets of 20 seconds
  - Cupping with bottom hand only: 2 sets of 20 seconds
  - Cupping with both hands quick: 2 sets of 20 seconds
2. 6 Station Dribble:
  - Station #1 - In Front: 2 sets of 20 seconds
  - Station #2 - On Forehand Side In Front: 2 sets of 20 seconds
  - Station #3 - On Forehand Side Behind: 2 sets of 20 seconds
  - Station #4 - On Backhand Side In Front: 2 sets of 20 seconds
  - Station #5 - On Backhand Side Behind: 2 sets of 20 seconds
  - Station #6 - In Behind: 2 sets of 20 seconds
3. Forehand Front To Forehand Behind (between station 2 & 3): 2 sets of 20 seconds
4. Backhand Front To Backhand Behind (between station 4 & 5): 2 sets of 20 seconds
5. 6 Station Switch: 2 sets of 30 seconds moving between stations quickly

**NOTES:**

- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## WRIST SHOT ROUTINE #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball/Soccer Ball Side Twist Throw: 3 sets of 10 repetitions on each side
2. Push-Pull Shot Technique: 3 sets of 10 repetitions at high speed
3. Lateral Drag-Throughs: 2 sets of 10 repetitions
4. Shadow Shots - High Follow-Through: 2 sets of 20 repetitions

**Execution:**

1. High Wrist Shots: 150 shots total
  - a. 50 shots to the top left corner
  - b. 50 shots to the top right corner
  - c. 50 shots to the middle high

### NOTES:

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- High shots should try to hit corners or just inside posts.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

### Key Points To Remember:

- Check your hand position first (elbow to fist).
- Cup the puck on your blade throughout the entire drag-through phase.
- Push-pull on every shot.
- Aggressive hip turn leads to more power.
- High follow-through for high shots.
- Technique is more important than speed.

## STICKHANDLING DRIBBLE ROUTINE #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Dribble Crossovers - 4 in each direction: 2-3 sets of 20 seconds continuous
2. Side To Side Jump:
  - Ball goes with lead leg: 2-3 sets of 20 seconds
  - Ball goes against direction of body: 2-3 sets of 20 seconds
3. Two Foot Hop Switch:
  - Ball goes with body: 2-3 sets of 20 seconds
  - Ball goes against direction of body: 2-3 sets of seconds
4. Single Leg Side To Side Jump
  - Ball goes with body: 2-3 sets of 20 seconds
  - Ball goes against body: 2-3 sets of 20

**NOTES:**

- With the addition of more movement with the body, make sure that you still focus on the technique of the dribble
- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## BACKHAND ROUTINE #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball Perpendicular Twist Throw: 3 sets of 10 repetitions on each side
2. Backhand Shot Technique: 3 sets of 10 repetitions at low speed
3. Back To Front Drag-Throughs: 2 sets of 10 repetitions
4. Shadow Shots - Low Follow-Through: 2 sets of 20 repetitions

**Execution:**

1. Low Backhand Shots: 150 shots total
  - a. 50 shots to the bottom left corner
  - b. 50 shots to the bottom right corner
  - c. 50 shots to the five hole

### NOTES:

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- Low shots should be between 0-10 inches off the ice.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

### Key Points To Remember:

- No "pitchforks" - the backhand is the reverse of a wrist shot - not a lifting shot.
- Make sure you let your bottom hand slide down the stick before you release the shot.
- Cup the puck on your blade throughout the entire drag-through phase.
- Put pressure in through your bottom hand before you release the puck.
- Aggressive hip turn leads to more power.
- Low follow-through for low shots.
- Technique is more important than speed.

## STICKHANDLING: TOE DRAG #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Quick Toe To Heel Drag: 3 sets of 20 seconds
2. Pull Forward To Back On Forehand Side: 3 sets of 20 seconds
3. Lateral Toe Drag Into Feet:
  - With Toe: 3 sets of 20 seconds
  - With Back of Stick: 3 sets of 20 seconds
4. Pull Across Front of Body:
  - Towards Backhand: 3 sets of 20 seconds
  - Towards Forehand: 3 sets of 20 seconds
5. Quick Handle to Top of Stick Touch: 3 sets of 20 seconds

**NOTES:**

- Make sure to rotate the position of your top hand so that your thumb is on the top of the stick so that you can get more power in your toe drag.
- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## BACKHAND ROUTINE #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball Perpendicular Twist Throw: 3 sets of 10 repetitions on each side
2. Backhand Shot Technique: 3 sets of 10 repetitions at low speed
3. Lateral Drag-Throughs: 2 sets of 10 repetitions
4. Shadow Shots - High Follow-Through: 2 sets of 20 repetitions

**Execution:**

1. High Backhand Shots: 150 shots total
  - a. 50 shots to the top left corner
  - b. 50 shots to the top right corner
  - c. 50 shots to the top middle

### NOTES:

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- High shots should be within 4 inches of the bar.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

### Key Points To Remember:

- No "pitchforks" - the backhand is the reverse of a wrist shot - not a lifting shot.
- Make sure you let your bottom hand slide down the stick before you release the shot.
- Cup the puck on your blade throughout the entire drag-through phase.
- Put pressure in through your bottom hand before you release the puck.
- Aggressive hip turn leads to more power.
- High follow-through for high shots.
- Technique is more important than speed.

## STICKHANDLING: TOE DRAG #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Quick Toe To Heel Drag Balancing on One Foot: 3 sets of 20 seconds
2. Pull Forward To Back On Forehand Side on One Foot: 3 sets of 20 seconds
3. Lateral Toe Drag Into Feet on One Foot:
  - With Toe: 3 sets of 20 seconds
  - With Back of Stick: 3 sets of 20 seconds
4. L Drill - Out To The Side & Then In Front: 3 sets of 20 seconds
5. W Drill - W pattern Toe Drags In Front: 3 sets of 20 seconds

**NOTES:**

- Make sure to rotate the position of your top hand so that your thumb is on the top of the stick so that you can get more power in your toe drag.
- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## SNAP SHOT ROUTINE #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball/Soccer Ball Feet Parallel 1 Leg Throw : 3 sets of 10 repetitions
2. Snap Shot Technique: work on hand position, follow-through, and stick turnover
3. Back To Front Drag-Throughs: 2 sets of 10 repetitions
4. Shadow Shots - Low Follow-Through: 2 sets of 20 repetitions

**Execution:**

1. Low Snap Shots: 150 shots total
  - a. 50 shots to the bottom left corner
  - b. 50 shots to the bottom right corner
  - c. 50 shots to the five hole

Make sure to practice shooting off the front leg and off the back leg.

**NOTES:**

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- Low shots should be between 0-10 inches off the ice.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

**Key Points To Remember:**

- The power in the shot is generated by the wrists and by making contact with the ground.
- Cup the puck on your blade throughout the entire drag-through phase.
- Puck leave the blade only briefly before you release the shot.
- Aggressive hip turn leads to more power.
- Low follow-through for low shots.
- Technique is more important than speed.



## STICKHANDLING: FEET DRILLS #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

**NOTE:** *Use a heavier stick - either a wood stick or two sticks taped together.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. From In Front Kick Up Alternating Sides: 3 sets of 20 seconds
2. From Side Kick Out:
  - On Forehand Side - to inside foot and outside foot - 3 sets of 20 seconds
  - On Backhand Side - to inside foot and outside foot - 3 sets of 20 seconds
3. Pull From Behind On Forehand Side, Toe Tap To Foot and Through To Front: 3 sets of 20 seconds
4. Pull From Behind On Forehand Side, Tap With Back Of Stick To Foot and Through To Front: 3 sets of 20 seconds
5. Pull From Behind On Backhand Side To Foot and Through To Front: 3 sets of 20 seconds

**NOTES:**

- Make sure to kick the ball hard enough to bring it back to your stick quickly without losing control.
- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## SNAP SHOT ROUTINE #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball/Soccer Ball Feet Parallel 1 Leg Throw : 3 sets of 10 repetitions
2. Snap Shot Technique: work on hand position, follow-through, and stick turnover
3. Lateral Drag-Throughs: 2 sets of 10 repetitions
4. Shadow Shots - High Follow-Through: 2 sets of 20 repetitions

**Execution:**

1. High Snap Shots: 150 shots total
  - a. 50 shots to the bottom left corner
  - b. 50 shots to the bottom right corner
  - c. 50 shots to the five hole

Make sure to practice shooting off the front leg and off the back leg.

**NOTES:**

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- High shots should be between 0-10 inches inside the posts.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

**Key Points To Remember:**

- The power in the shot is generated by the wrists and by making contact with the ground. In order to get the puck high, you need to get low.
- Cup the puck on your blade throughout the entire drag-through phase.
- Puck leave the blade only briefly before you release the shot.
- Aggressive hip turn leads to more power.
- Low follow-through for low shots.
- Technique is more important than speed.

## STICKHANDLING: FEET DRILLS #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

**NOTE:** *Use a heavier stick - either a wood stick or two sticks taped together.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Pull To Feet and Kick To Side on Forehand & Backhand Side: 3 sets of 20 seconds
2. From Behind X Drill - once on forehand and once on backhand: 3 sets of 20 seconds
3. Kick Foot To Foot: 3 sets of 20 seconds
4. Dribble One Ball and Kick The Other: 3 sets of 20 seconds
5. Keep Ups: 3 sets of 20 seconds

**NOTES:**

- Make sure to kick the ball hard enough to bring it back to your stick quickly without losing control.
- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## SLAP SHOT ROUTINE #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball/Soccer Ball Step In Throw : 3 sets of 10 repetitions
2. Slap Shot Technique: work on hand position, follow-through, and stick turnover
3. Stickhandle To Slap Shot Transition: 2 sets of 10 repetitions
4. Shadow Shots - Low Follow-Through with Half Back Swing: 2 sets of 20 repetitions

**Execution:**

1. Low Slap Shots: 150 shots total
  - a. 50 shots to the bottom left corner
  - b. 50 shots to the bottom right corner
  - c. 50 shots to the five hole

### NOTES:

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- Low shots should be between 0-10 inches off the ice.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

### Key Points To Remember:

- The power in the shot is generated by the lockout of your arms and by making contact with the ground one to two inches behind the puck.
- Cup the puck on your blade throughout the entire shot.
- Aggressive hip turn leads to more power.
- Low follow-through for low shots.
- Technique is more important than speed.

## STICKHANDLING: FAKES #1

**Preparation:** *Failure to prepare means you are preparing to fail.*

**NOTE:** *Use a heavier stick - either a wood stick or two sticks taped together.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Around The World: 3 sets of 20 seconds
2. Feathering - Under Stick Side To Side: 3 sets of 20 seconds
3. Kick Foot To Foot: 3 sets of 20 seconds
4. Through Legs Back To Front To Back: 3 sets of 20 seconds
5. Two Ball Dribble: 3 sets of 20 seconds
6. Stick Flip: 3 sets of 20 seconds

**NOTES:**

- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.

## SLAP SHOT ROUTINE #2

**Preparation:** *Failure to prepare means you are preparing to fail.*

1. Medicine Ball/Soccer Ball Step In Throw : 3 sets of 10 repetitions
2. Slap Shot Technique: work on hand position, follow-through, and stick turnover
3. Fake Shot To Full Backswing: 2 sets of 10 repetitions
4. Shadow Shots - Low Follow-Through with Full Back Swing: 2 sets of 20 repetitions

**Execution:**

1. High Slap Shots: 150 shots total
  - a. 50 shots to the bottom left corner
  - b. 50 shots to the bottom right corner
  - c. 50 shots to the five hole

### NOTES:

- You choose how you want to count shots: I prefer to shoot 5 to each target and then switch to the next one. You can do 10 to each or all 50 to each - it's up to you.
- High shots should be between 0-5 inches inside the bar.
- Feel free to change the angle you are shooting from or the distance you are shooting from in order to increase difficulty.

### Key Points To Remember:

- The power in the shot is generated by the lockout of your arms and and by making contact with the ground one to two inches behind the puck.
- Cup the puck on your blade throughout the entire shot.
- Aggressive hip turn leads to more power.
- High follow-through for high shots.
- Technique is more important than speed.

## STICKHANDLING: FIGURE 8s

**Preparation:** *Failure to prepare means you are preparing to fail.*

**NOTE:** *Use a heavier stick - either a wood stick or two sticks taped together.*

1. Statue of Liberty Vertical Blade Flip: 2 sets of 15 flips each arm
2. Wrist Rolls: 2 sets of 15 rolls forwards & 2 sets of 15 rolls backwards
3. Horizontal Stick Flip: 2 sets of 5 flips each way
4. Throwdowns: 2 sets of 10 throwdowns

**Execution:**

1. Flat Figure 8 - horizontal: 3 sets of 20 seconds
2. Tall Figure 8 - vertical: 3 sets of 20 seconds
3. Figure 8 with feet moving around pucks: 3 sets of 20 seconds
4. Figure 8 Through Feet: 3 sets of 20 seconds
5. Flip Up and Knock Down To Trap: 3 sets of 20 seconds  
On Forehand and On Backhand Side of Stick

**NOTES:**

- Make sure that you take short breaks between each exercise so that your technique stays strong throughout the workout.
- Focus on letting your top hand do most of the work and letting your bottom hand slide.

**Key Points To Remember:**

- Make sure hands are out in front of body during all stickhandling drills.
- Use a slightly shorter stick than you do on the ice since you don't have skates on.
- Technique before speed.