

HOCKEY @HOME

Hockey drills to do at home



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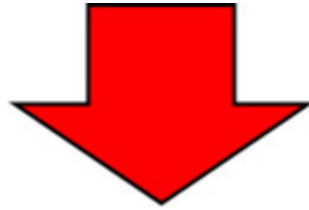
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Practice Hockey at Home

LOOK AND READ HERE FIRST



The book has "many" pages, but the first 50 pages are more text-rich and pages where I want to convey knowledge and tips to you as a hockey player, things that are good to know and to think about.

Invest the time to read through the first chapters (about 50 pages), read by yourself or together with a parent (if you are a younger player). The text is "simple" and with large text, you can do it!

I am confident that you will find great tips and thoughtful things on those pages, which will also help you to develop as a hockey player, and help you when you begin to look at the exercises later in the book.

I wish you nice reading 😊

Practice Hockey at Home

Practicing hockey at home or having your own drive (motivation) to practice at home in addition to team training is one of the best qualities a hockey player can have and a master key to success.

It is not always, or it will not always be fun to train yourself, but if you make it a routine and a good habit, then the results will come and it will be fun to play hockey, all training is useful and something which you will benefit from!

The better you are at something, the more fun it will be, your own training will help you along that path.

Make the exercise a daily good habit, which you do in the long term, you will not be the best, because you are practicing today and not because you are training tomorrow, but you will be good or even maybe the best, because you can keep up the training for a long period of time and train extra on your own!

... Right now, I'm being interrupted by an 11-year-old who asks, "Can I do some "physics", or do I disturb you in your writing?"

"Of course you can do some exercises, you will not disturb and you don't have to ask for permission to do that" 😊

In the book you will get a lot of tips on practices with stick and puck, but also physical and coordination training, which you can easily do yourself at home (indoors or outdoors).

The exercises with stick, puck and shots obviously require some kind of surface to be on and maybe preferably outdoors or in the garage or some similar space, but if you skip the shots, the drills can actually be carried out inside your room as well (surface + technique ball / Green biscuit). You will get some tips on the surfaces that you can use, for the skill drills later in the book.

Before we go into the drills, we will briefly look at what is required, to succeed as a hockey player and some tips on practice equipment, surfaces to practice on and on other things you can think of, such as rest, diet and having good routines.

Invest your time in reading through these pages, I am convinced that the pages help you as a hockey player, but also in other areas, the word hockey, can be exchanged for school or other sports, the same principles apply there to succeed.

What is required to succeed in hockey?

10,000 repetitions / hours

What does it take to succeed or become really good at hockey? Several studies have shown that it takes tens of thousands of hours to become a master of what you do.

Each has the potential to be a "champion" in what we do, but it will take time, specifically 10,000 hours of good training or about ten years, which is why I wrote in the introduction that you will not be best because you practice today, but if you do it day after day or at least very frequently, then you will be good in the long run, just practice a lot on your own and can keep up the training over time.

The same way of thinking can be used, for example, in skills training, for a movement (fake as an example) to be automated, you need to have about 10,000 repetitions, that is to repeat the movement 10,000 times for it to be smooth and automated ("you know when it goes by itself").

If you were to do a backhand toe drag 100 times a day, you need to do it for 100 days, to get really good at it and reach up to 10,000 times. If you do it 20 times a day, it will take you 500 days or about a year and a half to get really good at it.

Since I gave you an example of how long it takes to "automate" a "backhand toe drag", we can also look at what 10,000 hours of training means.

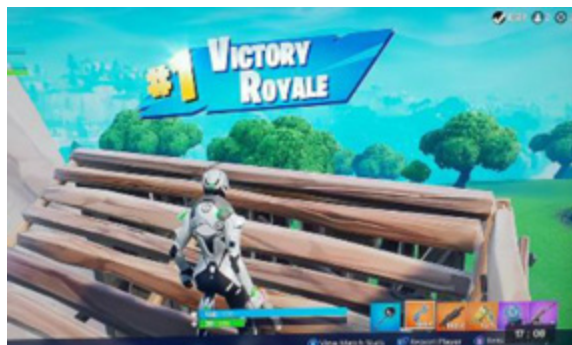
In order to reach 10,000 hours you need to practice in a good way (properly), this is not just about hockey, of course,

but as I wrote before, all training is good training and hours that you get into your training account.

To reach up to 10,000 hours in 10 years, you need to practice 20 hours a week. Then it might be better to talk about physically activated (school sports, team training, exercise on your own, public skating, games and activities with friends, street hockey, paddle, tennis, golf, floorball, soccer, running, cycling, etc.)

Training versatility makes it easier and maybe even more fun to collect the training hours in to the “10,000 hours - training account”?

Here it might also be important to show an opposite example, if you, on the other hand, only practice with your own team, 2-3 times a week + some school sports and thus land on 4-5 activity hours per week and the rest of the time, 5-6 hours a day is used for Fortnite or other console games and mobile, it will take you almost 40 years to reach up to 10,000 hours and become really good at hockey!



On the other hand, you will be really good at Fortnite within 5 years!

After 5 years you are up to 10,000 hours with 6 hours of Fortnite per day!

Conversely, if you use Fortnite time for training and practice as much as in the game example with Fortnite, you would be really awesome in hockey within 5 years!

Remember, all training is good training, which develops you and training hours that you will have with you!

A talent or someone who has trained a lot?

Talent is surely a word that you have heard said many times about some players or maybe even about yourself?

Unfortunately, talent is not such a good word (explain soon) because is about a "locked or closed mindset" when you say someone has talent, it is in some way, whether you either "got it" or "didn't get it", you either got it or you were left without it.

Or that you do not need, or did not need to train as hard as everyone else, you are a talent. We can have different traits for different things and of course there is something about, what we have inherited from our parents and grandparents.

You may have "gifted parents", but is it probably more realistic that parents have also put a lot of effort into training themselves, once upon a time?

They also therefore have a better feeling, knowledge and understanding, of what it takes to be good in form of training and can convey this and coach their children.

But, what if it wasn't, that "talent is innate", and it can only be seen as a statement that diminishes our belief that we can be the best, or creates a false sense of security, I'm a talent, I don't have to work as hard as the others?

What happens if our success is only linked to how many hours we practice, and the most important factor is your own drive (motivation) to practice?

Tiger Woods, a golf talent? Or a lot of training?

You know who Tiger Woods is? He is perhaps the greatest golf star ever?

Tiger Woods has also been seen as the greatest "talent" in golf ever. Is he really a "talent" who has received "everything for free" and just "grown up to a superstar"? Or how is it?

The truth is that Tiger Woods got his first golf set before he was **one year old!**

He had gone through his first full golf round at the **age of two.**

By the time he was **five**, he had already **trained more** than an average golfer will do throughout his career!

As a **five-year-old**, he had **trained more** than most adults! So, it is definitely **more about training than "innate talent"**.

The same goes for Messi, Beckham, Ronaldo, Forsberg, Gretzky, Crosby, McDavid and the other stars, a huge number of training hours are behind the success.

"With hard work everything is possible, everyone can dream, what you dream of you can achieve, if you are willing to work for it" / Lionel Messi, soccer player

During the summer you can read and see pictures in the newspapers and online "NHL players on holiday", "NHL stars relaxing" and "NHL players enjoying their holidays". Is it

just that they "relax" and take it easy, during the summer? It is at least easy to get that picture reading the news.

No, of course it's not true, the reality is that they train 510 times a week during their "vacation", some of the players train even more.

Even though they are big stars, they need to train to keep their level and get better, the same goes for all of us, no matter what level we play.

The belief that talent is somewhat innate is strong in many individuals and parents, but more and more research show that genes have a very small, if at all, role for "talent". Instead, **training, encouragement** and **motivation (self-driven)** are lifted as the most crucial for success!

When football coach José Mourinho came to Real Madrid he commented on Cristiano Ronaldo (who played there then): *"He works extremely hard, it is impressive to see a player of his caliber (who is so good), who trains harder than anyone else"*.

If you count the hours the "stars" have spent on training, it wouldn't be a surprise why they are there, where they are.

Of course in all of the cases, it's not just about sportspecific training (Sport-specific, for example, just practicing hockey).

"Practicing is my secret, I have always believed that if you want to be successful you have to work for it, train and practice and practice more". / David Beckham, soccer player

The same is true in hockey for success, training and practicing, repeating, repeating, practicing and training.

Automated movements will build your capacity and help you take the next step in your development.

It's kind of like learning to ride a bike, once you've "automated" it (learned), it will sit in the spinal cord, you may not be a master cyclist, but you will master the technique and balance and can take the next developmental step (e.g. releasing the handlebars with one hand). The basic skill is always there even after 40 years.

This may be a bit of a premium (extra knowledge), but there is a theory called the Pareto Rule 20-80.

The 20/80 rule says that, 80% of your results will come from 20% of your activities / practices / skills, to put it simply you can say that, if there is, let's say 20 fakes, then the four fakes that you master well and use, gives you success 8 out of 10 times. In other words, it is not the number of different fakes for example, that makes you good.

Once you have automated a basic skill at the bottom, it is easy to "spontaneously" add a moment e.g. during a match.

What I want to say is that, you do not have to be a champion and master 100 different fakes, choose some that you become "master" of, and that become your own "special moves".

These will already give you good results and a base to tap into other skills, other "skills" that you have trained to be proficient at.

If we take the example of the backhand toe drag, when you have also trained a lot of shots and automated the shooting movement (you do not have to think about it when you do it, 10,000 repetitions), and if you have practiced the backhand toe drag 100 times a day for 100 days (10,000 repetitions), you will be able to combine these two and get

really good effect from them, who isn't fooled by a shot fake, followed by a backhand toe drag, which ends with a fast and precise shot?

Two steps that you are the master of and can link to other tricks and shots.

You can see incredible fakes and things being done by the stars in the NHL or other leagues and for that matter at the absolute highest speed, and we, or many of those watching are surprised, how did they succeed or how could he do it?

The answer is simple, through repetition, repetition and hours of training, to automate the movements! It is then, "it just comes by itself"

Another way of finding "talents" or good hockey players...



Many hockey coaches talk about finding and seeing talents, is it true? Or are they just good at seeing and spotting players who have already trained more than the others at a certain age? Or do they have other tricks?

Teemu Selanne (perhaps Finland's best hockey player, who has, among other things, the Rookie record in the NHL), talked about success and talent at his hockey camp in Vuokatti, Finland.

Teemu Selanne talked about a team selection in Russia, where the legendary Russian coach and player Tarasov

would put together an elite group of ten-year old hockey players.

When the players arrived at the arena, he divided the players into teams outside the locker room, you can go into that locker room, and you can go to the other and so on.



Then he stated that the first sorting was done, and that one team will win big!

An assistant coach asked him, how he could be so sure about that?

Tarasov replied that he would see during the match, but he himself was 100% sure that the team he had chosen would win.

Very well, the team that Tarasov had chosen and pointed out as the winners won the game, they actually won the

match by 12-2!

How could he see the talent or how good the players were without having seen the players on the ice or even dressed up with hockey equipment?

The secret was that he put all the players whose mum or dad carried the hockey bag in one locker room and all the players, who came and carried their equipment themselves in the other.

To be clear, it was the team of players who carried their own hockey equipment, the team that Tarasov believed in as the winners.

How could it be crucial for the outcome of the match, to carry their own bag?

He looked at the players drive and motivation, players who carry their own equipment are also probably players who have the extra motivation. Players that can manage to go out and train extra themselves, get to the ice nearby, the running track, the gym, public skating or the shooting pad at home.

Simple isn't it? Carrying the trunk/bag is also good training.

How have today's hockey stars reached the top?

Everyone has:

Started their career early, around the age of 5-6. (But remember what I have written before, it's about getting together the training hours, if you start later, you have to train even more on your own).

Been very physically active and engaged in many sports during growing up, although hockey may have always been number one.

At the age of 10-11, they have trained (been physically active) around 20-30 hours a week, where the greatest amount or number of hours have come from spontaneous training (trained themselves and played / trained with friends).

Enjoyed good training opportunities (close by).

Trained and played with older players, much here in the form of spontaneous sports on the street or an area nearby.

Had support from parents and help of "enthusiasts" in the hockey organization, for extra training.

Living with orderly conditions, focusing on order and good routines, with food, sleep and priority on sports.

You have to have the aptitude for different things, but it is still **your own drive / motivation** (love what you do) that is number one, then it is also easy to get together **the training hours**, which are required to succeed!

Practice at home vs team practice