**Dynamic Hockey Development**

**Overview:** The Dynamic Hockey Development program is a comprehensive training regimen designed for players of all levels, including birth years 2011-2016. This program focuses on enhancing fundamental hockey skills while integrating crucial injury-prevention strategies to ensure players remain healthy and perform at their best throughout the season.

**Objectives:**

1. **Skill Enhancement:** Improve core hockey skills including skating, stickhandling, passing, shooting, and game sense.
2. **Injury Prevention:** Implement strategies and exercises to minimize the risk of common hockey injuries, enhance overall physical conditioning, and promote safe play.
3. **Holistic Development:** Foster well-rounded athletes by incorporating strength training, flexibility exercises, and proper warm-up and cool-down routines.

**Program Components:**

1. **On Ice Development:**
   * **Skating Technique:** Focus on stride efficiency, edge work, balance, and agility. Drills include forward and backward skating, transitions, and edge control.
   * **Stickhandling and Puck Control:** Practice handling the puck with precision and maintaining control under pressure.
   * **Passing and Shooting:** Refine passing accuracy, shooting mechanics, and decision-making.
   * **Game Sense and Strategy:** Develop tactical awareness, including positioning, offensive and defensive strategies, and situational play.
   * **Battle Drills:**
2. **Off Ice Development:**
   * **Stick Handling and Passing**: Practice handling the puck with precision and maintaining control under pressure. Refine passing accuracy and decision-making.
   * **Strength, Agility, and Conditioning:** Implement a program focused on building core stability, strength, agility, plyometrics, and neuromuscular control.
   * **Flexibility and Mobility:** Incorporate stretching and mobility exercises to maintain joint health and prevent muscle strains. Dynamic stretching routines are included.
   * **Warm-Up and Cool-Down Protocols:** Establish effective pre- and post-practice routines to prepare the body for activity and aid in recovery.
   * **Body Mechanics and Technique:** Educate players on proper techniques to avoid injuries, including proper body positioning, and safe, effective body contact.
3. **Individualized Mobility Session:**
   * **Mobility session**: Twenty-minute stretch lab utilizing a variety of stretching

techniques to assist with improved mobility and flexibility.

**Duration and Schedule:** 6 week training session starting September 5th

* + Off ice training Thursday evening 6-7pm
  + On ice training Friday morning 545-645am
  + Individual session scheduled via Schedulicity

**Outcome:** Participants will leave the program with a significant improvement in their hockey skills and a stronger understanding of injury prevention. By following the program’s guidelines, players can expect to enhance their performance on the ice while minimizing the risk of injury, leading to a more enjoyable and successful hockey experience.

**About Us**

Ted Moody: Ted grew up playing hockey starting at the age of 5. Throughout his hockey career, he played on various state hockey teams in Colorado. Ted brings over 45 years of experience and knowledge to the ice and enjoys helping players learn and love the game of hockey. Ted is heading into his 9th year as a coach at Glacier Ice Rink, working with hockey players of all ages and abilities.

Val Moody: Val brings over 25 years of experience as a licensed athletic trainer, focusing much of her career on sports safety, injury prevention, and concussion management in youth athletes. She has been a part of the Glacier Ice Rink community since 2014.