

### General Guidelines for Off-Ice Training

The following presents a general guideline of introducing off-ice training into an athlete's training plan according to age and type of activity. Advice of an expert in the field, as well as the approval of the athlete's family doctor, should always be sought before implementing any type of off-ice training plan. Note that many of the activities noted below can be combined into one off-ice training session. For example, a Yoga class may contain components of flexibility training, core strength, balance, coordination and relaxation/visualization or a 60-minute circuit work-out would include core strength, resistance training, aerobic/anaerobic conditioning, flexibility etc.

<b>Age</b>	<b>Type of Activity (Introduction)</b>	<b>Type of Activity (Training &amp; Maintenance)</b>	<b>Comments</b>
7 or younger	<ul style="list-style-type: none"> <li>• Active Play</li> <li>• Coordination</li> <li>• Balance</li> <li>• Dryland Jump Training</li> <li>• Creative movement</li> <li>• Mental training (motivation, goal setting, attention, focus)</li> </ul>		Introduce athlete to the concept of a training session with a warm-up and warm-down. Develop the importance of off-ice training. Emphasis is mostly on games and play with simple, basic exercises. Teach exercise technique from the very beginning. Keep volume low.
8-10 Possible start of female growth spurt	<ul style="list-style-type: none"> <li>• Flexibility</li> <li>• General Aerobic / Anaerobic Conditioning</li> <li>• Core Strength</li> <li>• Dance movement</li> <li>• Mental training (relaxation / visualization techniques)</li> </ul>	<ul style="list-style-type: none"> <li>• Coordination</li> <li>• Balance</li> <li>• Dryland Jump Training</li> <li>• Creative movement</li> <li>• Mental training (motivation, goal setting, attention, focus)</li> </ul>	Progress from game/play concept to concept of off-ice resistance training to improve strength. Work with body weight; gradually increase the number of calisthenic exercises. The focus should be the core region of the body. Keep exercises simple. Practice exercise technique for all core exercises; carefully monitor toleration to the exercise stress
11-13 Peak growth spurt for females	<ul style="list-style-type: none"> <li>• Sport specific aerobic / anaerobic conditioning</li> <li>• Power</li> </ul>	<ul style="list-style-type: none"> <li>• Coordination</li> <li>• Balance</li> <li>• Dryland Jump Training</li> </ul>	Continue progressive loading of each core exercise. Start gradual progressive loading of exercises by introducing more advanced exercises with more external resistance

<p>Growth spurt for males</p>	<ul style="list-style-type: none"> <li>• Mental training (positive self-talk)</li> </ul>	<ul style="list-style-type: none"> <li>• Creative/Dance movement</li> <li>• Flexibility</li> <li>• Core Strength</li> <li>• Mental training (motivation, goal setting, attention, focus, relaxation / visualization techniques)</li> </ul>	<p>(partner resistance, tubing, medicine balls, resist-a-balls). Progress into extremity development of the extremities.</p>
<p>14-15 Peak growth spurt for males</p>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• More advanced mental training techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific aerobic / anaerobic conditioning</li> <li>• Power Coordination</li> <li>• Balance</li> <li>• Dryland Jump Training</li> <li>• Creative/Dance movement</li> <li>• Flexibility</li> <li>• Core Strength</li> <li>• Mental training (motivation, goal setting, attention, focus, relaxation / visualization techniques, positive self talk)</li> </ul>	<p>Progress to more advanced youth programs in resistance exercises; add sport-specific components; gradually increase training volume</p>
<p>16 +</p>	<ul style="list-style-type: none"> <li>• Continue to adapt according to need/development/periodized training plan</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific aerobic / anaerobic conditioning</li> <li>• Power Coordination</li> <li>• Balance</li> <li>• Dryland Jump Training</li> <li>• Creative/Dance movement</li> <li>• Flexibility</li> <li>• Core Strength</li> <li>• Mental training (motivation, goal setting, attention, focus, relaxation / visualization techniques, positive self talk)</li> </ul>	<p>Move athlete to entry-level adult program after all background knowledge has been mastered and a basic level of training experience has been gained</p>