

CONDITIONING

Modified after Lloyd and Oliver 2012 and Lloyd et al 2015; Conditioning training for ice hockey, when it is part of the off-ice training, needs to mimic the energy demands of ice hockey.

CONDITIONING IN ICE HOCKEY

To guarantee that players perform to the best of their abilities, a high transfer from off-ice training to on-ice performance has to occur. The individualized conditioning program starts at the beginning of the off-season and as the pre-season starts, the program shifts from primarily off-ice conditioning to more on-ice conditioning. As the regular season starts, conditioning continues to allow the players to play to the best of their abilities.

Conditioning is not a central part of the training program for the beginner stage (roughly U10). Players in this age group that participate in on- and off-ice ice hockey training as well as in other sports do not require any additional and specialized conditioning training.

For players in the Stay phase (roughly U14), a well-planned on-ice and off-ice training program, and participation in other sports and physical activities should provide them with enough training and adaptations of the energy systems to meet the requirements of ice hockey.

For players in the Stay phase (roughly U18), a well-designed on-ice and off-ice training program will provide the necessary training load to develop the energy systems needed for ice hockey. The training plans have to be individualized to take the different amounts of game play into consideration. For a player who does not receive a large amount of game playing time, the off-ice training program will need to be adjusted to include sufficient training for conditioning.