

REDUCTION OF OVERUSE INJURIES

To prevent overuse injuries in ice hockey, the IIHF recommends that in the Beginner stage the focus should be on the development of Fundamental Movement Skills, body control, mobility, and strength. Participation in multiple sports should also be emphasized to develop a variety of sport skills and sound athletic base for later years.

For intermediate ice hockey players, participation in several sports is recommended to expose the players to a variety of different sport experiences. Furthermore, coaches and professional strength and conditioning coaches should plan trainings which include Fundamental Movement Skills, Sport Specific Skills, strength, speed, power, agility and mobility exercises to improve fitness levels and athleticism.

For advanced hockey players the training should include all above-mentioned physical qualities to avoid overuse injuries. Players with well developed athletic skills and sport abilities are prone to overuse injuries because their bodies are taxed less by repetitive similar movements since they are exposed to a variety of movements.