

## ADVANCED STAGE

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*This section provides players, parents and coaches with information concerning healthy habits and lifestyle for the advanced ice hockey player.*

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As already pointed out in the introduction of the Well-being and Lifestyle section, well-being includes physical, emotional, psychological and social factors.

To support player well-being it is important to focus on healthy training habits as well as good lifestyle habits.

*It is important to provide players with information concerning healthy habits and lifestyle.*

### HEALTHY TRAINING HABITS ARE:

- Training includes warm-up and cool-down
- Regular stretching and mobility training
- Recovery program
- Injury prevention program
- Good hydration throughout the day and during training
- Rules and ethics of ice hockey
- Healthy diet
- Individualized training plans

### GOOD LIFESTYLE HABITS ARE:

- understanding the importance of school and education
- understanding the importance of family and friends, social network
- understanding the importance of daily physical activity and friends
- limiting time in front of the TV, playing computer or console games or playing on the mobile phone
- sleeping at least 8 h
- having activities and interaction with the opposite sex and the same sex
- having an individualized rest and recovery program
- a player might move away from home for reasons of better training and competition possibilities

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Physical factors influencing player well-being are a focus on training that includes warm-up and cool-down, a well-planned recovery program, regular stretching and mobility training, a periodized seasonal training plan, individualized training plans, an injury prevention program and a well-structured competition plan.

In this stage, it is important that players learn to deal with their emotions, stress and anxiety to be able to deal positively with the emotional factors influencing their well-being.

Psychological factors influencing player well-being are independent thinking, setting of life goals, as well as understanding the consequences of not adhering to team rules, social rules and norms, club and general sport rules.

Social factors influencing a player's well-being are for example access to education and health services, economical independence, pursue of further education and having a social support structure around them consisting of family, friends and entourage.

As an advanced ice hockey player, it is still important to experience enjoyment when participating in ice hockey training and competition independent of the level of play.