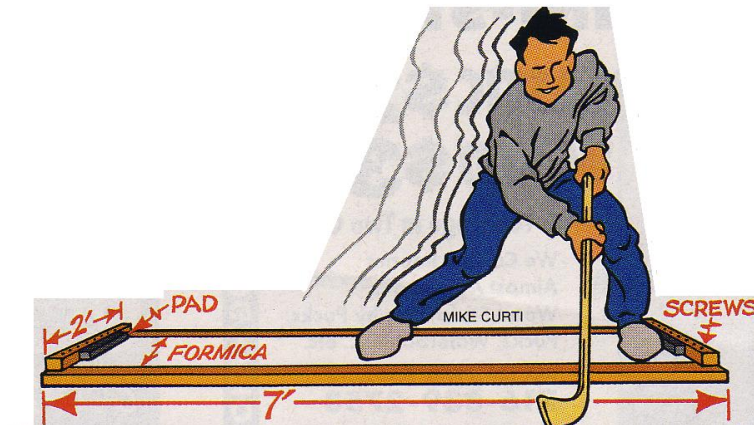


Slide Boards - USA Hockey 1999



USA Hockey 1999

On the sliding board, visualize that you are pushing off on the ice.

1. Bend your knees
2. Explosively push out to full extension
3. Flick your toe
4. Transfer your weight
5. Recover your trail leg (bring it back in)

“The goal is to continually increase tempo and quickness without sacrificing technique.”

Slide Board Program

15 minutes (3) times per week

Perform a specific number of repetitions off of each leg (Ex 10 pushes off of each leg)

or

Perform repetitions for a specific length of time (30 second interval)

Either way, make sure you monitor your rest ratio

<u>Ex. Time on/off</u>	<u>Work to Rest</u>	<u>Season</u>
:30 on 1:30 off	1:3	early off-season
:30 on 1:00 off	1:2	late off-season
:30 on :30 off	1:1	preseason

Making a Slide Board...

1. Attach two boards to the sides of a long piece of Formica or similar smooth board (Menard's sells a 2' wide x 8' long piece of smooth shelving that works well)
2. Glue a piece of rubber to each of the two end boards
3. Players aged 7-8 should start out with a piece of Formica about 5 feet long (increase the length gradually for older players, stopping at 9-10 feet.)
4. Apply a lubricant to the Formica so that you can slide back and forth easily (Armor All car protectant spray works well)
5. Wear dry socks