OverSpeed on-ice Training

Overspeed skating & skill practice

Preparing for the speed of playoff hockey
…. elevating your comfort zone

1) To build speed you must skate faster than you ever have in practice.

Usually, your efforts to practice fast are restricted by pucks, decisions, passes, elevating linemates.

2) Overspeed with pucks, passes, and shots -- uncomfortably fast.

3) Ultra-quick decisions in chaotic, overspeed drills and scrimmage.

Conditioning the nervous system as Pavlov did.

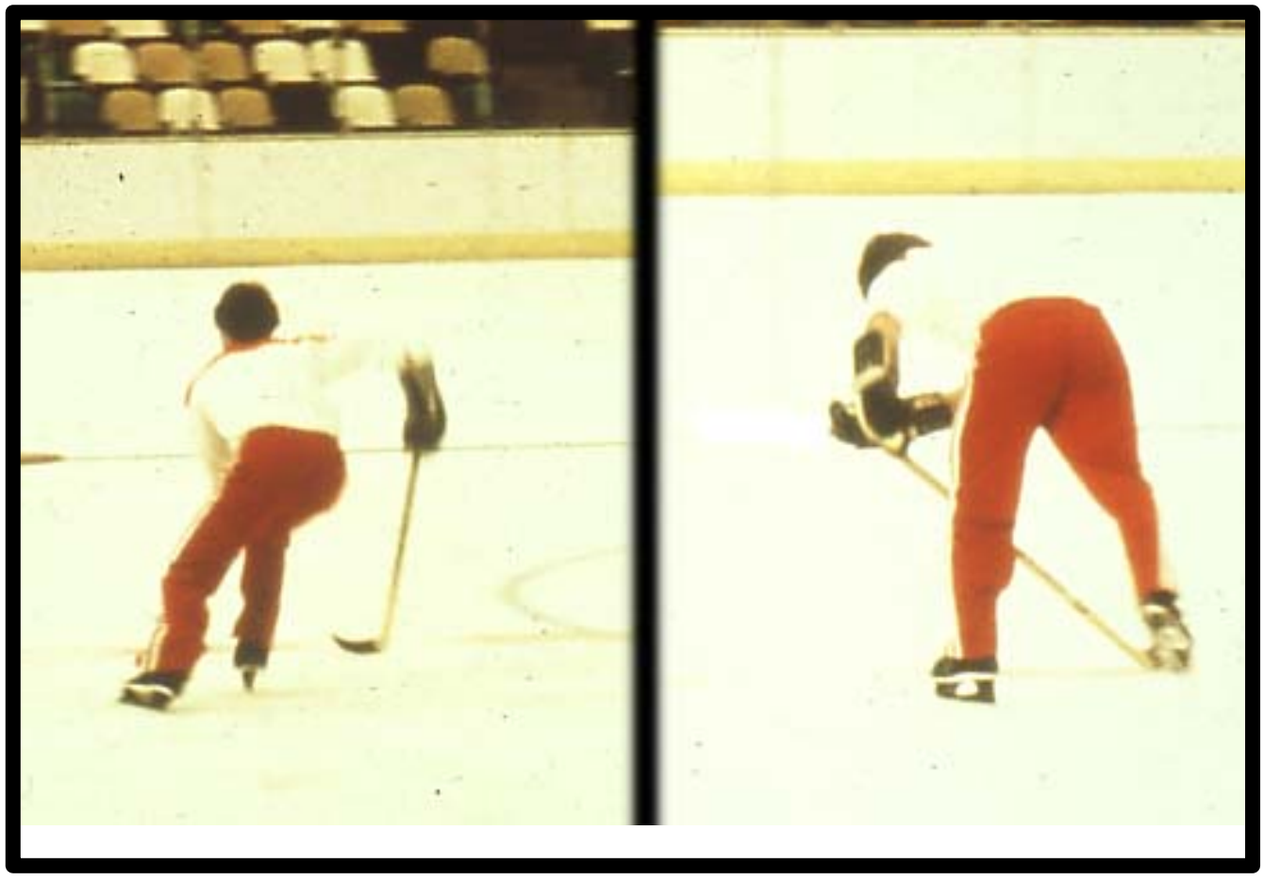
There is no single drill which, by itself, is an endurance drill. But the sum of all Overspeed drills in a practice has a tremendous impact on speed-endurance.

That was the key to three Olympic gold medals:
Overspeed training every day for 5 months!!

Herb Brooks, Craig Patrick (1980 men);
Robb Stauber, Brett Strot, Paul Mara, Jim Radcliffe (2018 women).
Ben Smith (1998 women)

Repetition does NOT make perfect; it makes <u>permanent</u>.

Do NOT practice slowness and poor skating skills when tired.



Overspeed Organization

Quality skills at superfast pace

Elevate your present Comfort Zone!
Every team wants to play faster in playoffs,
but most practices prepare for slowness!?

√ ***Drills: 6-12 seconds. Start a new interval every 40-75s. After 4 sprints, rest an extra minute.***

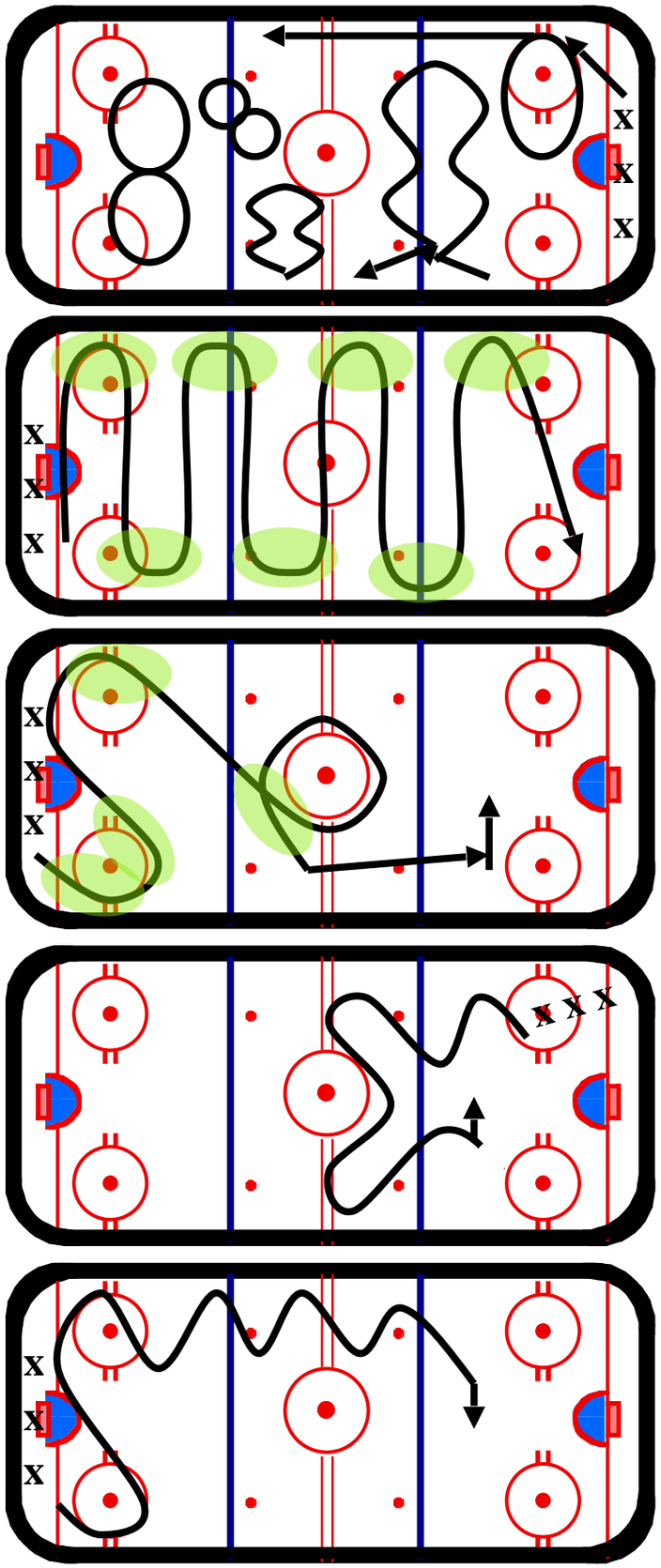
'Hockey Endurance' is ... maintaining super-fast tempo
and high quality skills for the entire game.
Slow training for any purpose doesn't fit that definition.

Overspeed intervals improve metabolic-cardiovascular fitness to a greater extent than distances,
because of the lactate shuttle after highly intense intervals create mitochondria in FT muscle fibers

√ ***Toward the end of the workout, add longer cornering drills.***

8-30 second figure 8's or peanuts or Snakes, where speed is about 95%.
Knees bent from beginning to end. <u>Use weight vest only if age-appropriate</u>.

√ ***Add pucks – <u>only</u> if players have learned what 100% speed feels like.***



OverSpeed practice: Agility, quickness { *Start a new interval every 45-75 seconds*

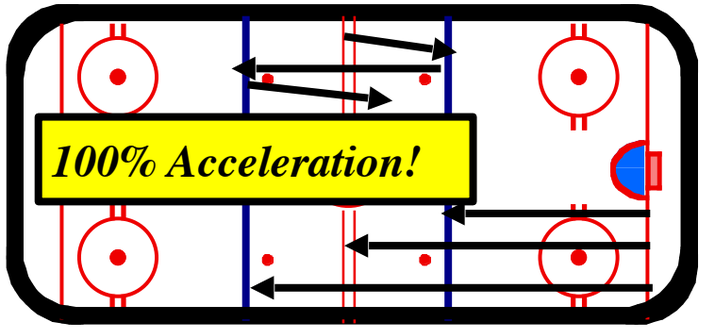
Peanuts, Figure 8s: large, small. Circle and sprint at 100% speed.
Forward, backward or both.

Tight Power Turn Warmup
Skate only 3-4 strides out of each turn -- coast in the middle.
This is fast cornering practice. Good knee bend – accelerate !!!

Accelerate out of corners
Change of pace: Fast out of corners; coast on straight-away.
Knee bend on corners. With or without pucks.
If you do it with pucks, make a fake, improve your angle, then shoot.

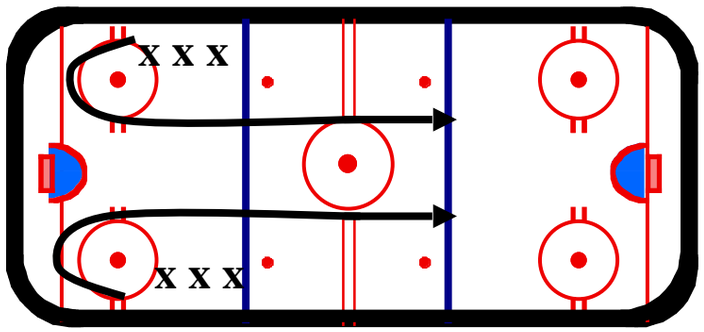
These are simplistic samples to show work:rest intervals. Use your imagination to make them more creative with the puck. This is OVERSPEED TRAINING, so never let the puck slow you down.

Overspeed Agility: Zig-zag with no pre-determined number of turns.
With or w/o pucks. Before shooting, improve your angle a stride or two.

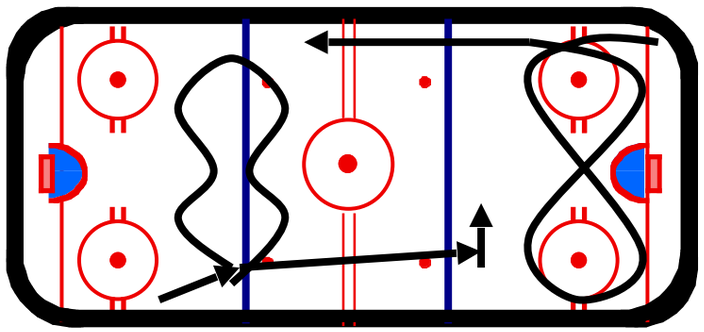


Races or OverSpeed skating for quickness — *Start a new interval every 60-75 seconds*

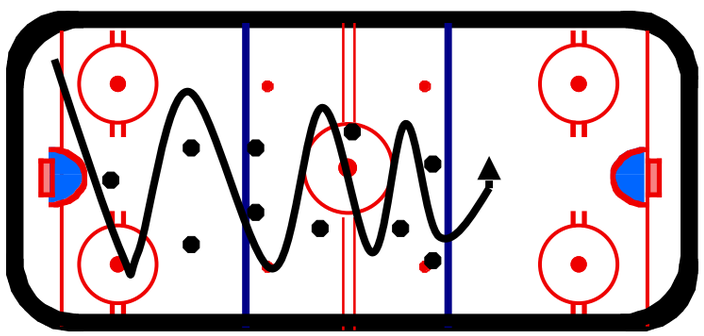
Stop-start race-TEST: 6.2 seconds
Time yourself, Stop both ways; Rest 30sec, repeat 5-10x or until your time is worse.
D can mirror: backward, forward. D starts at blue line, backs up till F stops



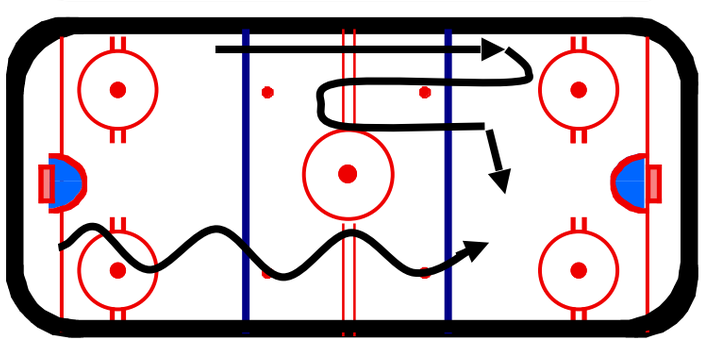
Good cornering race: no puck
Skate must touch goal-line then accelerate!!! Don't skate through the center circle, so you don't run into each other on the 1st corner.



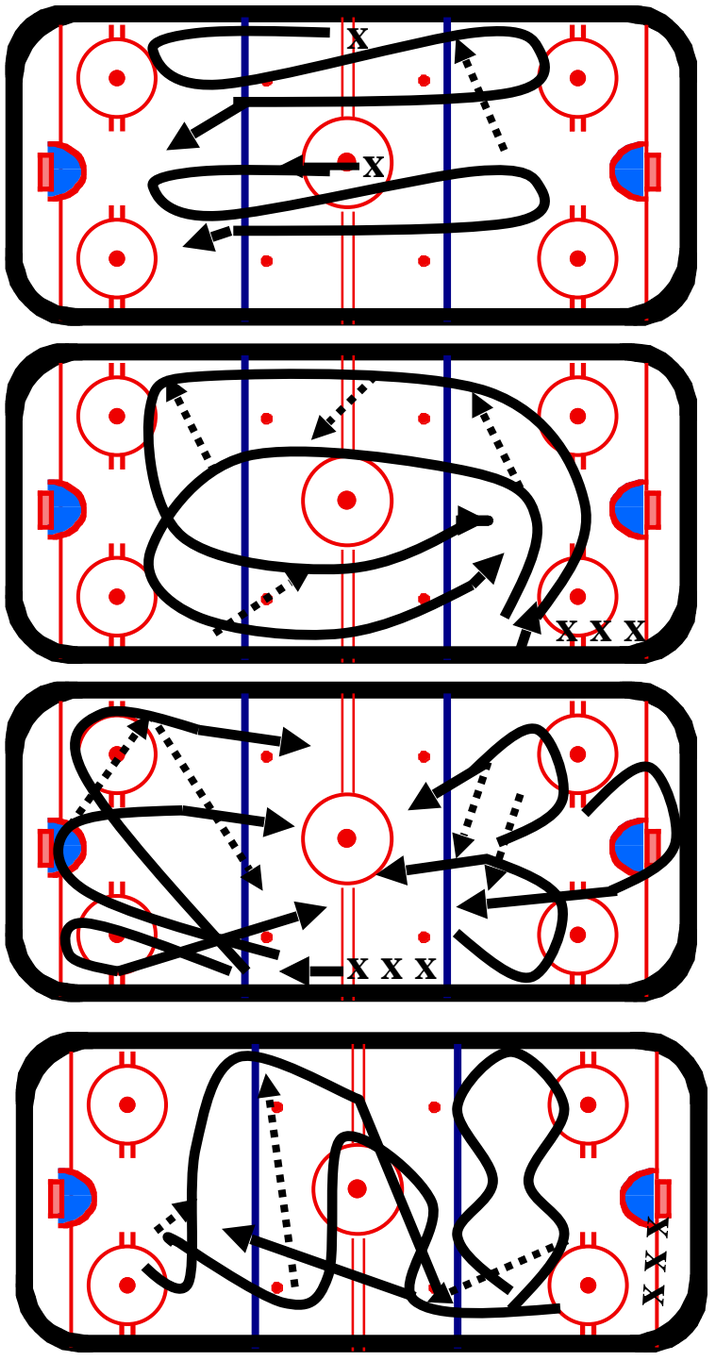
OverSpeed Peanut or Fig.8 !!!
With or w/o pucks. Just before shooting nake a quick fake, improve your angle. Toe-drag if you are on your forehand. Quick release shot. Practice shooting before comfortable, so it becomes your new comfort zone.



OverSpeed Skills … 7 turns !!!
Carrying a puck -- through a maze of pucks spread around the ice. Never slow down. Make a cut and release a quick shot. Start every 60 seconds.



Power turns or ZigZag quickness
Finish by improving your angle and shooting. Quick hands. Quick feet. D can mirror.
No stops-and-starts until you've skated at least 10 days.



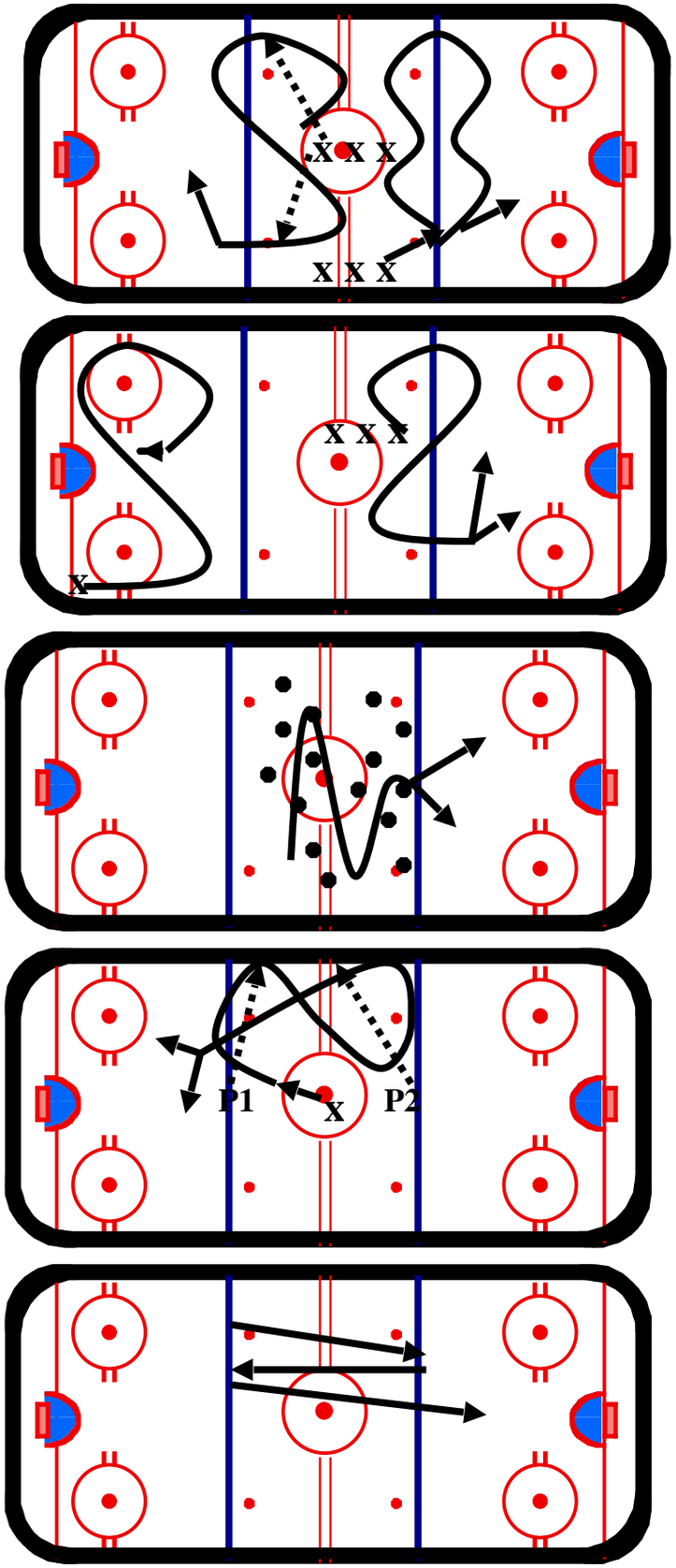
OverSpeed skating, passing with partner { *Start a new interval every 60-75 seconds*

Overspeed Fig.8 with passingTouch circles on both ends; passing on the move; shoot.

Warmup: keep 8 players moving. Big circle, passing

OverSpeed 3-man flow !!! First 3 start from one end, down and back. All 3 must loop to bottom of circles first – regroup at the other end, keep passing, and return for shot and rebound. Three more start from the far end when the first three are headed back. Be creative, turn either way.

Advanced!!! Quick Decisions Overspeed Flow with Vision.
3 players skate peanut w 3 pucks.
First two leave pucks at x, then skate into N-zone. Third player makes breakout pass and joins the first two. Then make 2 or 3 passes counting required drop pass upon entering the Offensive zone, Can't go offside or slow down! So be creative.
You must know where linemates are behind u and in the N-zone.



OverSpeed with pucks and quick shots — *Start a new interval every 60-75 seconds*

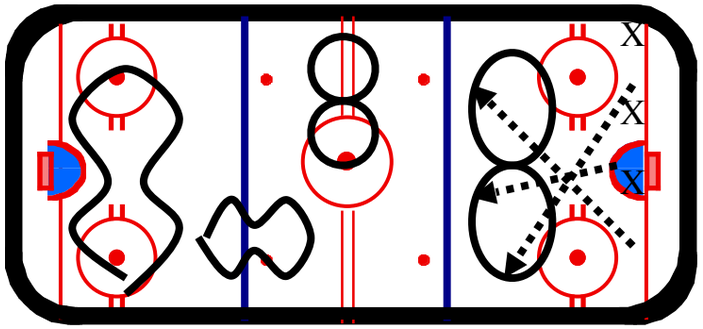
Figure 8 or Peanut and shoot
Skate Figure 8 or Peanut at uncomfortably fast pace, cut in and r elease shot quickly; can receive passes or just carry.

OverSpeed !!!
Receiving passes or carry.
Make a move either in or out, and shoot without getting comfortable.

Danius Zubrus: Quick hands/Quick feet
Spread pucks out in neutral zone (3 feet apart). Skate at least 3-5 quick turns at top speed, keeping hands and feet moving. Make move at blue line and shoot without getting comfortable.

Figure 8; two pass receptions and shoot
Start at X. Pass to P1; get return pass after circling to outside; Then, pass to P2 and get return pass. Skate, Cut, Shoot.
Both sides same time (not shown)

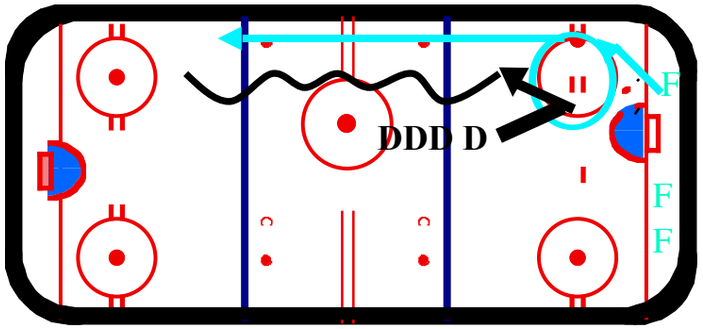
Stop-start and shoot
Carrying puck. Start a new sprint every 60-75 seconds.



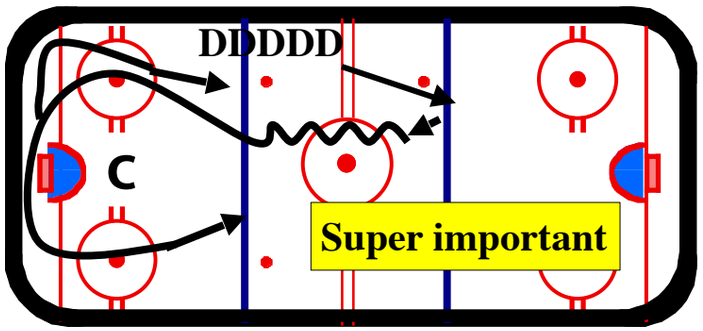
Defensemen agility practice
With or w/o pucks

Start a new interval every 60-75 seconds

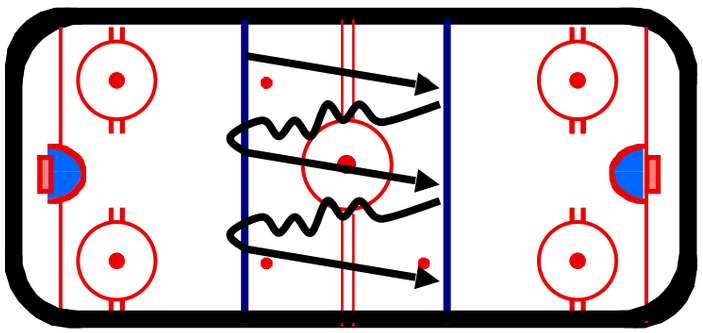
Peanuts or Figure 8's. Forward/backward face one end. Time 15 seconds, or 2x around. With or w/o pucks + receiving passes.



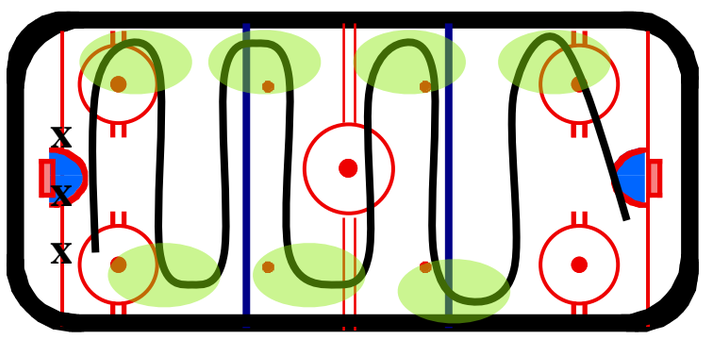
Forward / Backward Race F's
One D at a time. Two Fs.



Step-up / Back / Pivot to get a puck in corner.
Look over shoulder. Pick up puck.
Skate hard around net w. puck or stop, reverse as C points stick.



Stops-and-Starts, Forward/Back
Face North the entire time.
With or W/O Pucks



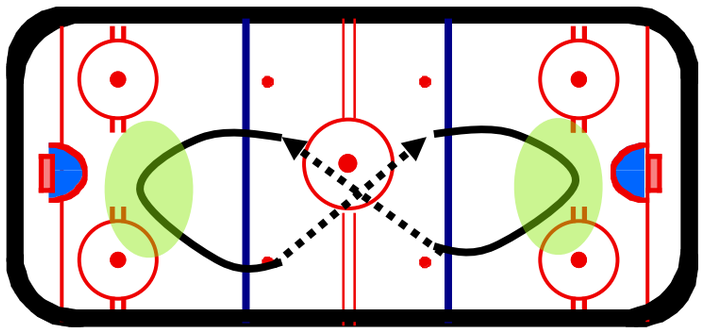
Backward Power Turns
Skate only 4 strides out of the corner -- Coast in the middle.
This is skill practice, not OverSpeed.

Cornering repetitions for all players

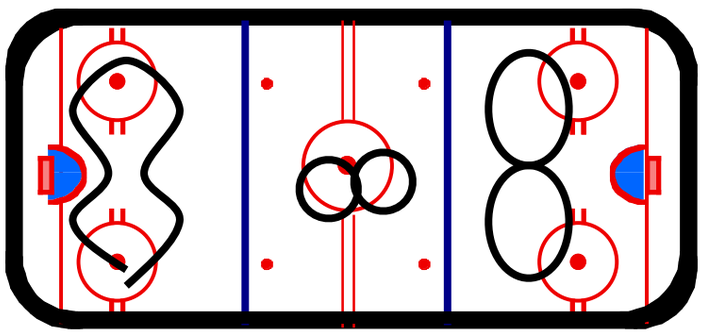
Squat posture, powerful strides. Knee bend on the corners

Coast in the neutral zone.

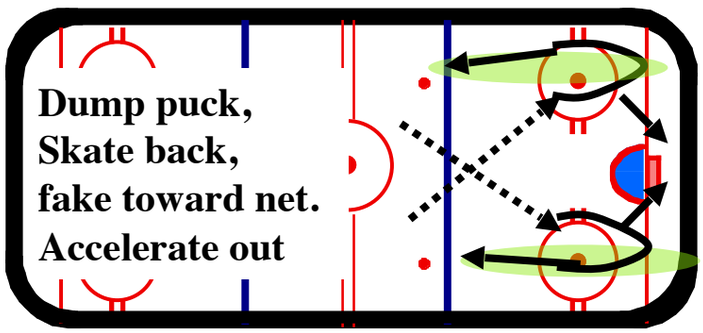
Do a total of 6 corners!!! Rest 60 seconds.



Defensemen agility with pucks



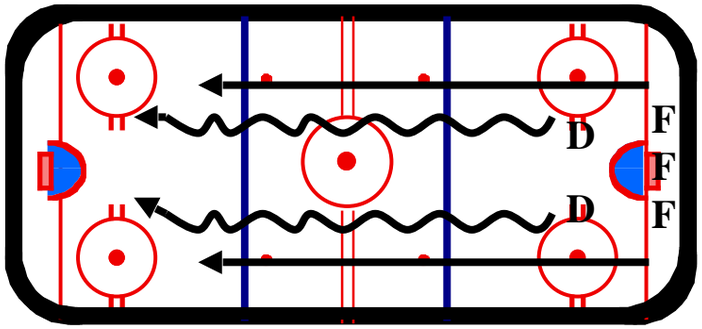
Peanuts or Fig. 8s, 10-20 sec
Keep your knees bent to the end.
Forward or Backward the entire drill ... or… Forward/Backward
1:2 or 3 *(work:rest)* ratio.



Retrieve puck. Accelerate out of corner after a FAKE
Look over shoulder then Fake to convince the checker you're going behind the net, then accelerate 6 strides to leave upponent behind. Two reps; Rest 40 seconds.

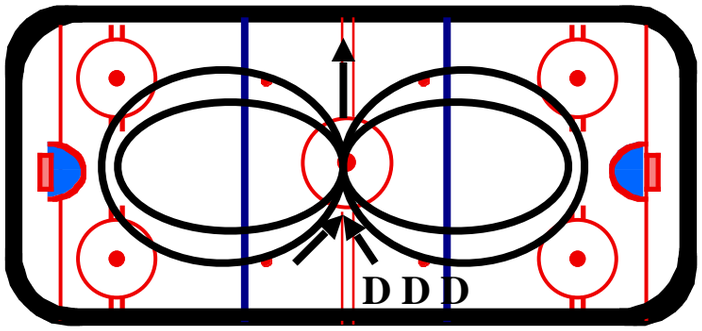


Figure 8 w. PUCK CONTROL
Accelerate out of corner!! ... then coast in the neutral zone.
Fake the opposite way brfore your turn. Do 6 turns. Then Rest 60 seconds.
No one has ever done this better.
After mastering the skill, the key is to accelerate for five strides.

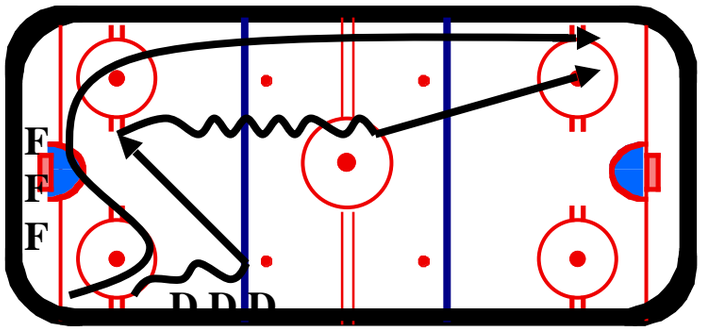


D Mirrors F: Keep him on outside shoulder — *Start a new interval every 60-75 seconds*

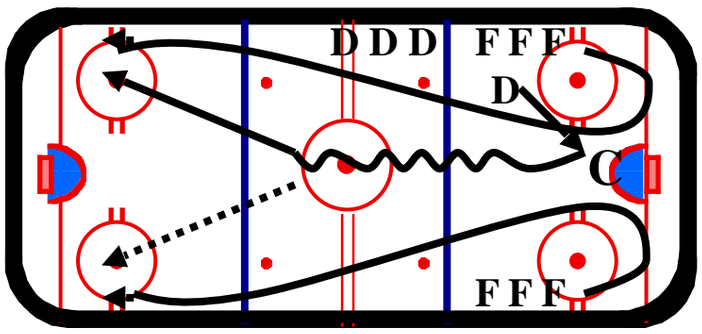
Simplest Mirror Race Forwards start on goal line,
D start on hash mark and skate backward, trying to keep F in front the entire race.



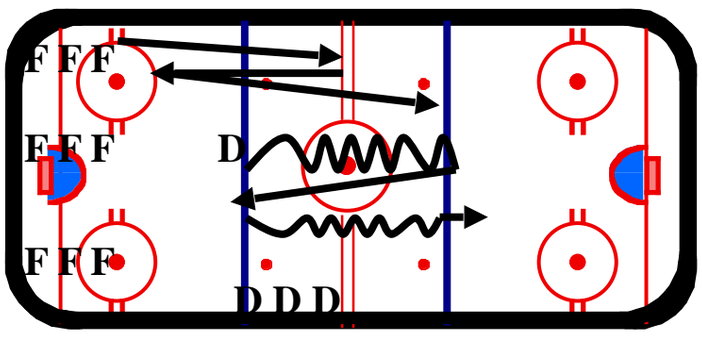
Backward Figure 8
The forward skates forward and must touch all 5 circles. Defenseman gets a 15' head start and skates backward.



Forward / Backward
D skates back / forward / back
Then touch center circle and pivot to catch the forward.



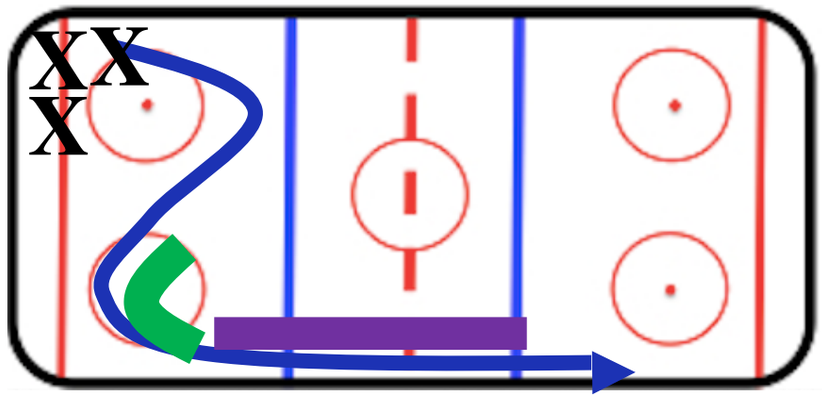
D and Forwards Race
Forward must touch goal line.
D steps Forward / Backward
In neutral zone D pivots to catch that forward.



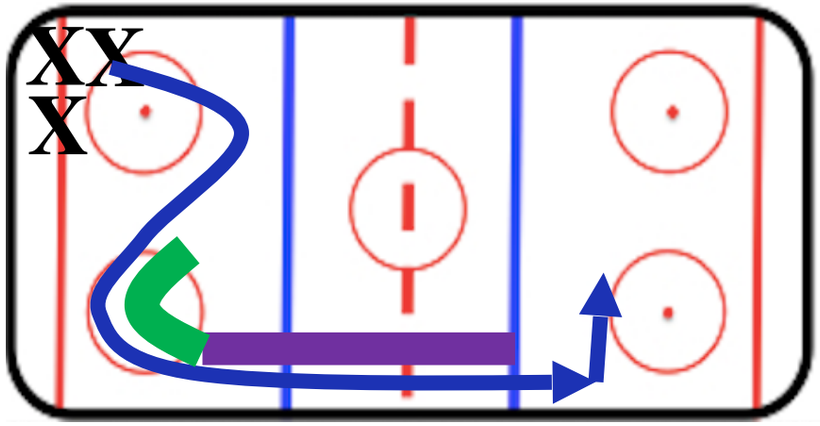
Great Stop-and-Start Drill
Shows only 1F and 1D, but can do 2D and 3Fs at one time.
F's start at hash mark; D on blueline.
D skate Back/Forward/Back

Progression of a simple Overspeed Skating Drill

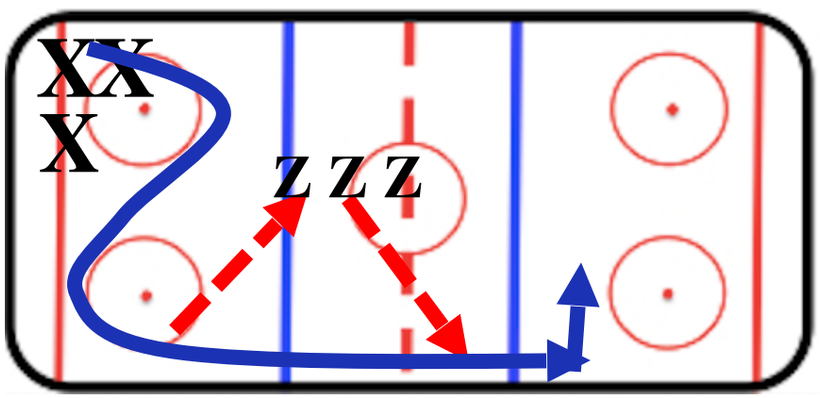
A) Start w/o pucks emphasizing acceleration out of the second corner and wide powerful strides on the straightaway.
B) Same, but carry pucks — only if players go 100%
C) Same, but add pass and receive.
Note) If the pucks ever slow players down, go back to step (A);
Interval: Approximately 6-8 seconds. Start every minute



A ***No Pucks***
Emphasize Acceleration 2nd corner (Green).
Exaggerate wide Strides at Top Speed (Purple).



B ***With Pucks***
No pucks until they can carry while skating fast.
Sharp 90° cut. Improve angle & shoot.



C ***Pass — Receive*** *(X's go 3 at a time)*
(Z Z Z Are three players who pass to everyone. Then go.)
Three X's sprint 2 corners then pass to Z Z Z after 2nd corner
Receive return pass in full stride. Fake wide. Improve < shoot.

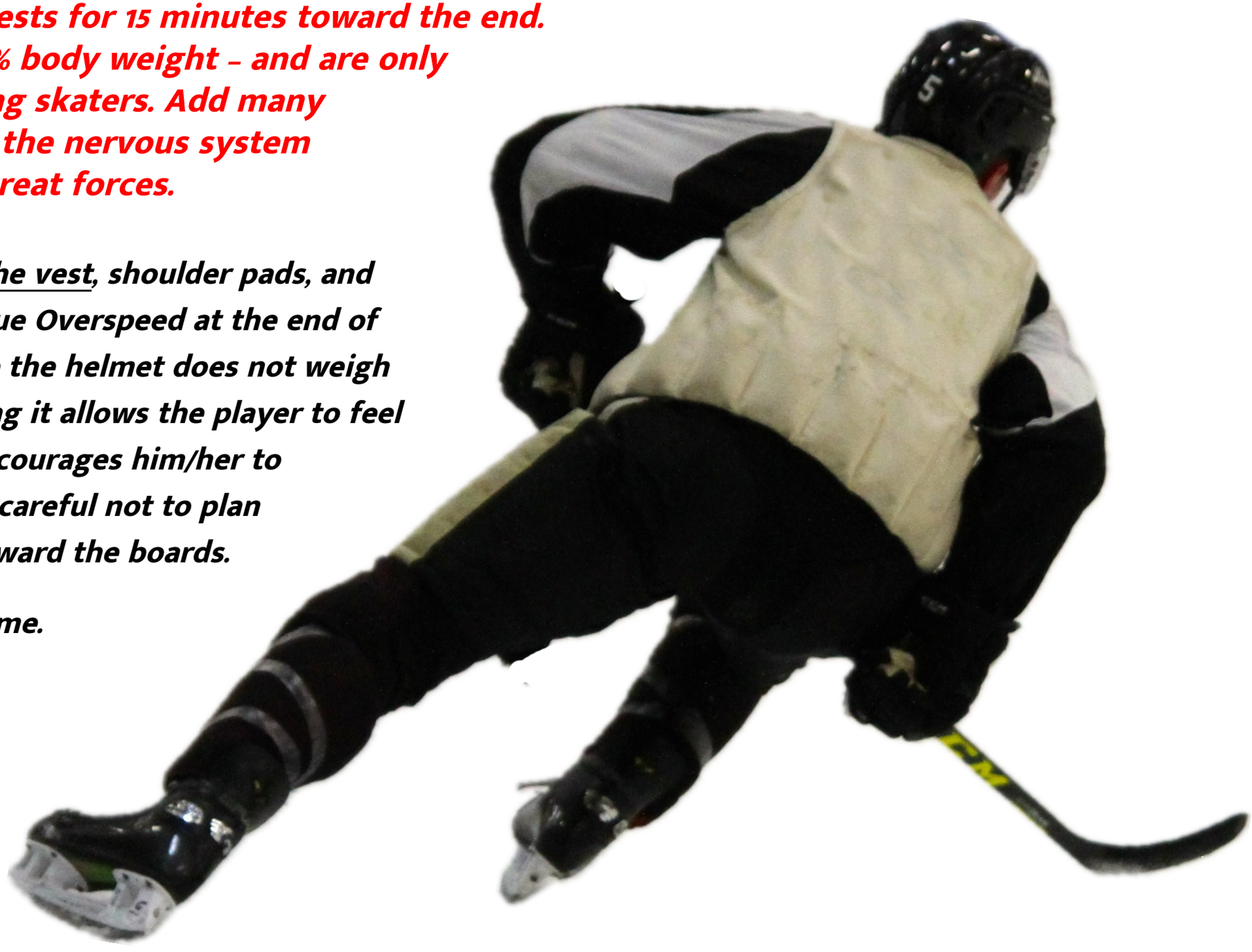
To keep intervals moving on time, it's not possible to use goaltenders in some drills.

Post Activation Potentiation, or Contrast training

We use weight vests for 15 minutes toward the end. They are 10 to 12% body weight – and are only for mature, strong skaters. Add many corners to teach the nervous system to accomodate great forces.

Then we remove the vest, shoulder pads, and helmet to skate true Overspeed at the end of practice. Of course the helmet does not weigh much, but removing it allows the player to feel the breeze, and encourages him/her to go even faster. Be careful not to plan top speed drills toward the boards.

No pucks at this time.

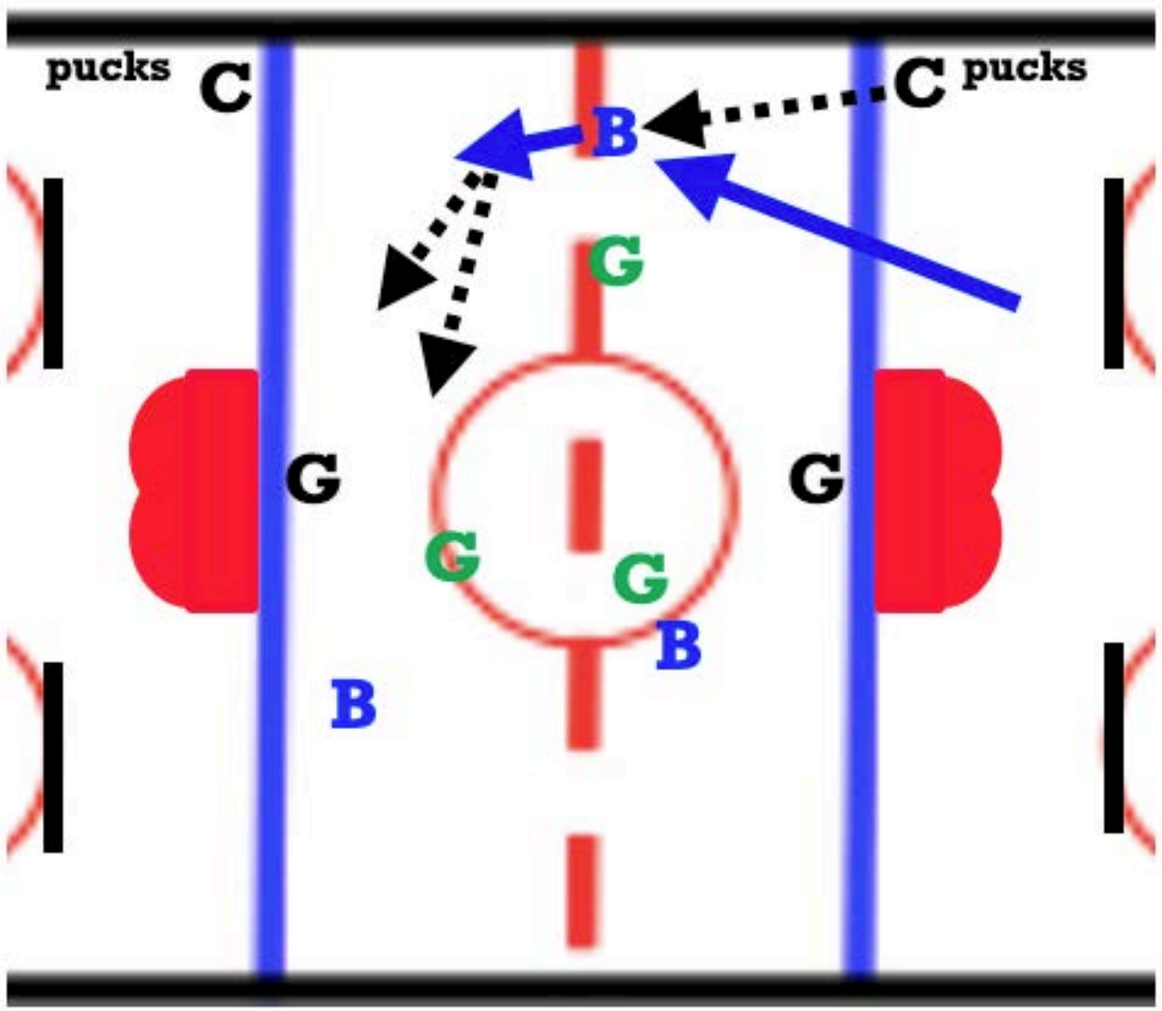


Tight area scrimmage

Quick skills, Quicker decisions

The diagram does not do justice to the speed of decisions in this tight area scrimmage.

One rule is that no matter who loses the puck behind the barriers at the top of the circle, the coaches will pass quickly to one of the defensive players moving in the other direction.



Coach Nick Mattson, a former professional player, runs this drill perfectly to keep it moving fast. The coaches must be engaged and pass the puck to the best receiver on the <u>defensive team</u> – moving to support.

There can be Breakaway passes, but once the players learn the game they transition to defense quickly.

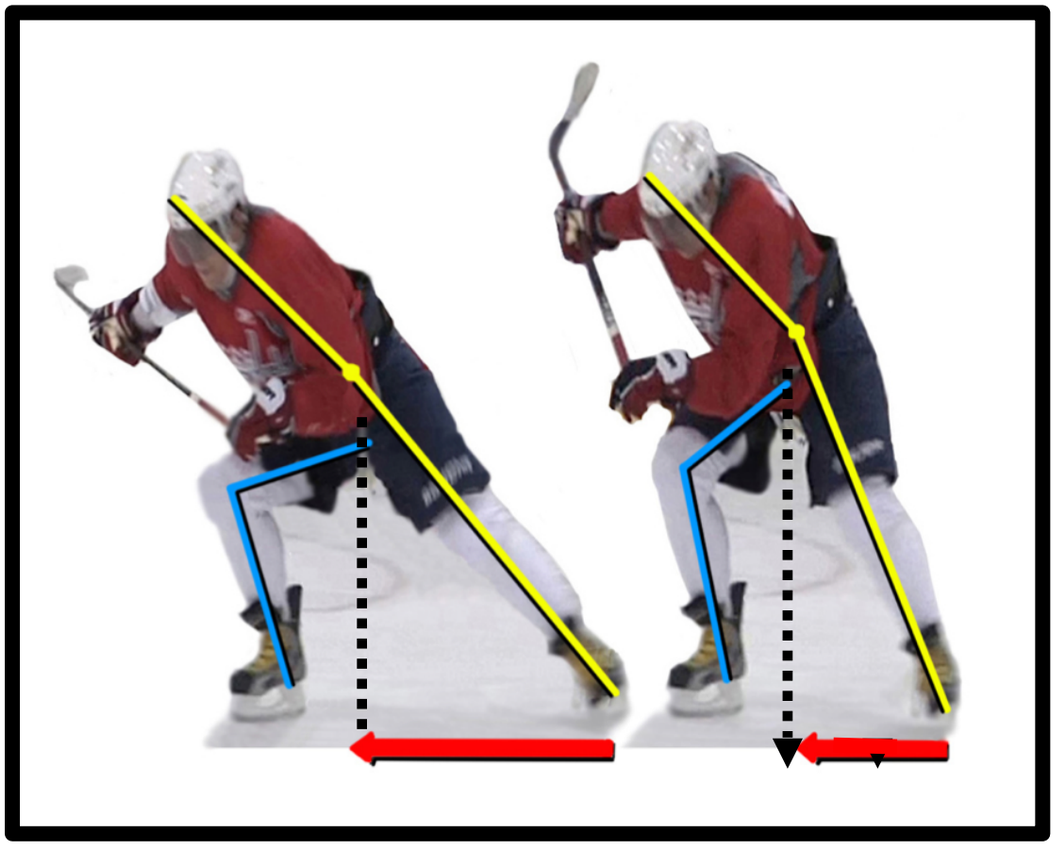
One day I watched as an NHL player got open so fast his teammates passed to him often. He may have received more passes than anyone, but the total time of puck possession was minimal, because he knew before receiving where to pass or shoot.

That's the purpose!!!

A Stop-Start Test Shows the Need for Short Sprint Intervals With (barely) Adequate Rest

This skater went all-out the entire stop-start test (about 45 seconds): At the start (shown on the left) his acceleration (red vector) is more than double what it is 20 seconds later, because every skating fundamental was compromised by fatigue. 1) Strides were slower. 2) He could not maintain knee bend, so strides were short & weak. 3) His body was not in SLX posture (Straight Line Extension) after 20sec.

So, he practiced slowness for 25 of the 45 seconds!



COACHES

For playoffs we need Speed-Endurance:

High speed.
Quality skills.
Physical competitiveness.
Quick, accurate decisions.
Aerobic-Anaerobic fitness.
Glycogen depletion reduced.

None of that is accomplished with traditional hard stops and starts. None!

All the above can be accomplished with short intervals and adequate rest.

Replace this BS tradition with High Intensity Interval Training, HIIT.


The luckiest people in the world
get to teach young minds