

# ELITE DEVELOPMENT PROGRAM

## PLAYERS

The program is divided into three main training blocks:

**ON-ICE** – game development

**SKATEMILL** – skating technique & conditioning

**GYM** – strength & compensatory training

Each block runs in parallel within weekly cycles and is interconnected with the other components of the program.

### ON-ICE

#### **Week 1:**

##### *Adaptation Phase*

The goal is to re-establish game habits after the break, become familiar with the training environment, and understand the training methodology.

Content: light technical work, coordination, and basic game situations without pressure.

#### **Week 2 - 3:**

##### *General Skills and Skating Technique (with and without the puck)*

Focus: improving skating technique, edge work, acceleration, transitions, and center-of-gravity control.

Development of fundamental puck skills (stickhandling, puck control).

Game drills without pressure, emphasizing execution quality and movement connection.

#### **Week 4 - 5:**

##### *Position-Specific Skills (Defensemen / Forwards)*

Position-specific game skills.

Technical and tactical drills simulating game situations for individual roles.

Defensemen: movement along the offensive blue line, puck distribution, angling, stick work without the puck.

Forwards: puck control at speed, scoring, forechecking, angling, positioning and spatial awareness.

#### **Week 6 - 7:**

##### *Game Skills Under Pressure*

Development of game reading, decision-making under pressure, and effective use of learned skills.

High-tempo drills, reactions to changing game situations, competitive exercises.

Puck protection, 1-on-1 play in open ice and along the boards.

#### **Week 8:**

##### *Game Application and Modified Games*

Players apply learned skills in various game formats.

Development of independent problem-solving, creativity, competitiveness, and adaptability within the game.



## SKATEMILL – SKATING TECHNIQUE & CONDITIONING

### **Week 1:**

#### *Adaptation Phase + Testing*

The goal is to identify weaknesses and deficiencies in skating technique.

We take a deeper look at skating mechanics and adjust the training plan for the following weeks accordingly.

The first session can conclude with an initial **skating analysis**, which will clearly define the areas that need the most focus.

### **Week 2 - 3:**

#### *Skating Technique*

Building on the skating analysis, we focus on correcting poor movement habits.

The goal is to refine skating technique (work-to-rest ratio 1:2, longer intervals).

#### *Conditioning*

Long endurance-based intervals, work-to-rest ratio 1:1.

The objective is to build a strong aerobic base and adapt the body to a higher training volume.

### **Week 4 - 5:**

#### *Skating Technique*

The focus shifts to improving transition fluidity and maintaining technical control at higher speeds.

#### *Conditioning*

Medium-length intervals – speed endurance, work-to-rest ratio 1:4.

### **Week 6 - 7:**

#### *Skating Technique*

Building on the conditioning phase, the aim is to automate skating technique even at high speed.

#### *Conditioning*

Short intervals – speed and explosiveness (especially the first three strides), work-to-rest ratio 1:8–10.

Emphasis on explosiveness, reaction time, and quick starts.

### **Week 8:**

#### *Skating Technique*

Integration of skating technique and speed elements into complex drills, with the addition of puck work.

Evaluation of progress and final testing.

An exit **skating analysis** can be conducted to compare results and measure improvement.



## **GYM – STRENGTH & CORRECTIVE TRAINING**

### **Week 1:**

#### *Adaptation Phase + Testing*

Functional diagnostics of mobility, strength, stabilization, and muscular asymmetries.  
Individual training plans and corrective needs are established based on the results.

### **Week 2 - 3:**

#### *General Strength & Stability*

Development of overall full-body strength.  
Core stability, mobility, and bodyweight training.  
Overload prevention and preparation for increased training demands.

### **Week 4 - 5:**

#### *Strength–Speed Component*

Strength–speed development and technique of fundamental exercises.  
Moderate intensity, plyometrics, and dynamic movement.  
Transfer of strength into game-related movement.

### **Week 6 - 7:**

#### *Explosive Strength, Agility & Reaction*

Speed and explosive elements, agility drills, and reaction training.  
High intensity in short bursts.  
Combination of strength, speed, and coordination.

### **Week 8:**

#### *Testing, Application & Recovery*

Final testing and comparison with baseline results.  
Light strength work, mobility, and active recovery.  
Application of physical abilities to game situations.

**Each athlete is different and requires individualized care tailored to their specific needs.  
The conditioning approach is determined based on initial testing results and the player's age.**



## ELITE DEVELOPMENT PROGRAM

### GOALTENDERS

#### **Week 1:**

##### *Adaptation Phase*

Identification of weaknesses (technique, mentality, physical abilities).  
Gradual adaptation to training load after a break.  
Introduction to the training environment and methodology.  
Setting individual priorities for the entire program.

#### **Week 2:**

##### *Expanding the Toolkit*

Elimination of inefficient or incorrect habits.  
Introduction of new, more effective technical and tactical solutions.  
Gradual increase in training load.  
Building a modern goaltender “toolkit.”

#### **Week 3 – 4:**

##### *Adaptation and Individual Customization*

Training at 70–80% intensity.  
Practice of new skills and their integration into established movement patterns.  
Customized adjustments based on the goaltender’s profile.  
Testing capabilities and identifying the optimal playing style.

#### **Week 5 – 7:**

##### *Skill Automation*

Training at 80–90% intensity (the most productive phase).  
Repetition and embedding of skills into muscle memory.  
Increasing the complexity, duration, and intensity of drills.  
Raising the anaerobic threshold.  
The most physically demanding phase of the program.

#### **Week 8:**

##### *Creativity in Game Situations*

Application of all skills in modified game formats.  
Reduced training load with increased emphasis on creativity, decision-making, and hockey sense.  
Work in complex game scenarios with open-ended solutions.  
Encouraging competitiveness and independent decision-making.

