

**THINGS EVERY COACH
SHOULD KNOW AND
PASS ON TO PARENTS
AND ATHLETES**



Important Development Philosophy

In hockey there are a thousand situations, which may arise over the course of a game. Don't focus on teaching each and every situation, focus on teaching the fundamentals, which will allow the player to assess every situation, whether on offence, or defense and react accordingly. **“Don't prepare the path for the player; prepare the player for the path.”**

Coach – Player Communication

Ongoing communication with your players will be easier if you have taken the time at the beginning of the season to talk about goals, outline your approach, and answer questions.

Here are a few simple tips to help you communicate effectively with your players during practices and games:

- Arrange players in front of you.
- Position them so there are no distractions behind you.
- Scan your group as you talk. Make eye contact with all players.
- Ask questions to make sure players have understood you and know what is expected of them.
- Give your players an opportunity to ask questions
- Listen to what they say and how they say it.
- Speak to them using words they understand (keep it simple).
- Bend down, kneel or crouch so you can talk to them at their level.
- Speak to every player at every session.

*** Outline your rules for the ice sessions at the beginning of the year. ***

AMAZING HOCKEY FACTS & PHILOSOPHIES

Coaches, keep the following in mind as you look to design and execute fun, intense, and challenging practice sessions.

- One effective practice will provide players with more individual skill development than 11 games collectively.
- In order to achieve one hour of quality work in practicing the basic skills of puck control, approximately 150 – 200 games would have to be played.
- An average minor hockey player in Calgary during a 60-minute game will have the puck on their stick for 8 – 20 seconds. What are these players doing for the other 59+ minutes?
- A young player, who has participated in hockey for 8 years, averages 50 games per year and 10 seconds of puck control per game, will achieve 66.66 minutes of puck control over the 8 years.
- 99% of the feedback most coaches provide to players is a result of when they have the puck (or are in close proximity to the puck). Ironically, most players have the puck for less than 1% of the game.
- At the minor hockey level, 95% of passes made backwards and laterally are successful. In the late 1990's, the success rate of passes made forward at the NHL level was 14%.
- The puck moves from one team to the other approximately 400 times in each game. How many of these turnovers are unforced? What other sport recognizes unforced errors?
- Average minor hockey teams go D-to-D one to five times per game (5 may be high). At the NHL level, teams go D-to-D 60 to 100 times per game.
- Players evaluate a coach's hockey knowledge in two ways:
Practice Execution
Game Management

**Several research studies indicate one of the major factors for players' quitting is boring practices.*

**.004% of players will play regularly in the NHL.*

Coaches Checklist

Did you set goals and objectives for the practice?

Do your drills have a specific purpose and meet the goals of the practice?

Does your practice have general progressions from individual skills to team play?

Are your drills applicable to the skills used in games?

Do you teach new skills and drills early in the practice?

Do your drills challenge the skill level of the players?

Do you keep all players active including the goaltenders?

Do you give clear and concise instructions?

Do you have the attention of your athletes when you speak to them?

Do you explain and demonstrate skills and drills clearly?

Do you inform your assistant coaches and use effectively? Did you keep them active in all drills?

Did you use the entire ice surface available to you? (Full or half ice)

Do you observe, evaluate and give feedback throughout the practice?

Do you keep the drills effective, competitive, active and challenging?

Are you positive and upbeat?

Do you greet the players by their first names before practice?

Do you include a warm-up and cool down in each practice?

Do you include a fun drill in each practice?

Do you stop drills when general error or a lack of effort is apparent?

Do you do your conditioning drills at or near the end of practice?

Do you speak to players as a group at the end of practice about the practice, upcoming games or general information?

Do you allow time for players to work on / practice specific skills individually?

Do you communicate individually with each of your players throughout practice?

Practice Planning Considerations

There are 9 key ingredients a coach should mix into practices. Collectively, these lead to enjoyment and learning for both players and coaches.

1. Coaches should have a minimum of 50 pucks in their basket.
2. Coaches set the standard for being on time, all of the time. Educate parents and players on the importance of being on time.
3. The use of stations for the development of skills and individual tactics are the bread and butter of practices. Stations keep participants active enabling them to achieve high levels of repetition. Have players spend 3-8 minutes per station before switching. Two to three stations are recommended.
4. Basic skill development (skating, puck control, passing, shooting) should compromise 90% of your practice time. Remember, you can work on basic skills in game-like drills. Skill development does not have to be boring.
5. Positive and specific feedback is imperative. Consider a head coach who always stands at center ice and never provides feedback to his players. How often during the practice is the coach able to reinforce something a player is doing correctly or provide constructive feedback? Teaching is done in the trenches (corners, lines).
6. Routines in practice are dangerous as players will pace themselves and become bored very quickly. In essence, routine practices develop great players at half-speed.
7. "Tell me, I'll forget. Show me, I might remember. Involve me, I'll understand."
8. Practice execution by coaches is of principle importance. Great drills that aren't executed properly by coaches are useless. Execution involves using all staff on the ice, having pucks spotted in the proper areas, informing players of the whistle sequence (1st whistle begin, 2nd whistle stop, 3rd whistle begins next group) and providing appropriate feedback. To assist in practice execution, name your drills. (e.g. "Killer Bees")
9. Relate what you do in practices to games and vice versa. "Players, we are doing this drill because in our last game we were unable to finish around the net." or "This drill will assist you in keeping your stick and body away from the checker and in an effective scoring position."

60 minute Practice Session.

The following facts and figures relate to a 60 minute practice session.

- 1 efficient practice will give a player more skill development than 11 games collectively.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- If you have 10 players on the ice, strive to keep 4 - 5 players moving at all times.
- If you have 15 players on the ice, strive to keep 9 - 10 players moving at all times.
- If you have 20 players on the ice, strive to keep 14 - 15 players moving at all times.

PRACTICE STATISTICS IN MINOR HOCKEY

EXCELLENT HOCKEY PRACTICE

- Players will give / receive over 100 passes.
- Players will have a puck on their stick for 12-20 minutes.
- Players will take a minimum of 30 shots.
- Players will miss the net 20% of the time.
- 90% of actual practice time is utilized properly. The 10% not used to full advantage is a result of players being late, disorganized, and lack of planning by coaches.
- Coaches will execute 4-5 drills that meet the specific needs of the players and are challenging and rewarding.
- Conditioning is performed in the drills as coaches are keeping the players active, involved and exerting maximum effort.

TYPICAL MINOR PRACTICE

- Players will give / receive 10-15 passes.
- Players will have a puck on their stick for 1-2 minutes.
- Players will take 5-15 shots.
- Players will miss the net 40% of the time.
- 60% of actual practice time is utilized properly. The 40% not used to full advantage is a result of players being late, disorganized, and lack of planning by coaches.
- 60% of coaches will execute at least 2 of the "Big 3" drills: horseshoe, skating the circles or bag skate.
- In 70% of minor hockey practices, coaches will end practice with players lined up on the goal line with no pucks and have them skate wind sprints. As a result, players expect this and pace themselves for the 2-3 drills prior.

How is your team doing?

Dynamic Warm-up and Flexibility Training

If you have been to sport science presentation lately it is likely that you have heard some information about dynamic warm-up and flexibility training. This is an area of training that is receiving more and more attention in the sporting community and many of the conclusions that have been drawn about this type of warm-up are directly applicable to hockey.

Pre-practice and pre-competition warm-up routines have typically focused on static stretching. While this type of stretching is still important for maintaining flexibility and joint range of motion, it really should be performed after play, not before practice or competition. This is a new way of thinking about stretching and flexibility, but recent research has shown that static stretching can reduce the force and power the muscle can generate and that this impaired function can last for over one hour. Therefore, the traditional practice of team static stretching in a circle on the ice needs to change

One of the most pervasive myths in sports is the belief that stretching before activity improves performance and reduces the risk of injury. Over a decade of biomechanical research on the acute and long-term responses of muscle to stretching shows that this traditional teaching is wrong. Stretching is most effective for increasing range of motion when conducted during the cool-down phase of a workout.

Dynamic warm-up and flexibility training is an essential element of any pre-practice or pre-competition routine and helps prepare the body for the demands of today's hockey game. An effective warm-up does six very important things for hockey players.

- 1. Increases body temperature allowing muscles to work more efficiently.**
- 2. Gets the heart and lungs ready for vigorous activity.**
- 3. Stretches muscles actively, preparing them for the dynamic forces experienced during hockey practices and games.**
- 4. Engrains proper movement patterns and the coordination needed in hockey.**
- 5. Wakes up the nervous system and gets the brain talking with the muscles.**
- 6. Prevents injury, while improving performance.**

A dynamic warm-up, which involves active stretching with movement, accomplishes all of these tasks. So get up, get moving, get ready and get in the game.

Stretching Guidelines

1. Use dynamic flexibility before exercise and static flexibility after exercise.
 2. The fluid, low impact dynamic method prepares your muscles and your mind for activity. It is the best way to warm and lengthen muscles while preparing them for fast movements. Stretching sitting stationary like a statue does not prepare you for explosive actions!
 3. For a dynamic warm up, you gently move your body through a variety of patterns. Stay relaxed, move at a warm up pace, and involve every muscle.
 4. Gentle static stretching is suitable after your workout, or post-game, when the muscles are optimally warmed and more elastic.
 5. Your body is a linked system - a tight hamstring, for example, will lead to a groin or low back pull. Don't skip any muscle groups.
 6. Move slowly and smoothly into a light 'micro stretch'. Do not overstretch. You should only feel a very mild sensation. Stretching too fast or too far will cause the muscle to react and contract (in an effort to protect itself from being pulled too far or fast). Stretching across a contracted muscle only leads to micro muscle injury and decreased flexibility. Hold the stretch to a sensation of very mild tension. If you feel too much tension, back the stretch off. (Nikos has now quantified this to holding the stretch to just 30 - 40 % of your existing range of motion, and coined this gentle stretching 'micro stretching'.).
 7. Hold each stretch for 60 seconds. You can stretch a muscle in 30 seconds, but it takes 60 seconds to target the muscle-tendon junction. This is the site of most high speed injuries, because players have not improved the flexibility there.
 8. Position your body so you are relaxed without having to contract muscles to balance yourself. You will have to modify old stretching techniques to accomplish this. The bottom line is that if you have to contract a number of muscles to balance yourself and hold your position, you are obviously not relaxed and will not achieve any stretching benefits. Your goal is to have zero muscles contracted when holding a stretch. Lying and seated stretches in which you do not have to manually hold or force limbs into position work best.
 9. Compliment your muscle relaxation with deep breathing. This will help your muscles and mind relax. Each time you move into a stretch, slowly exhale and then breathe normally during the 60 second stretch. Note that a workout or practice releases hormones that enhance relaxation and a sense of well-being. So the post-stretching with deep breathing is a perfect time to implement visualization, goal setting, or relaxation techniques.
 10. You need to begin to adopt stretching as a separate training program in itself, just like strength training or bike conditioning or on-ice practice
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Staying Hydrated and In-line with your Performance!

Have you ever experienced the feeling of dizziness and/or fatigue in the middle of a tough workout or competition, or that post training headache that just doesn't want to go away? We often think this is due to lack of sleep, muscle fatigue, or being run-down. Any or all of these could be contributing factors yet an often overlooked issue is that of hydration: are you drinking sufficient fluids to support your level of activity?

SWEATING IT OUT

When you train and compete, your working muscles generate heat. The harder you exercise the greater the amount of heat that is produced. This unwanted heat is dissipated in the form of sweat, helping you to stay cool. But the water loss through sweat can affect your performance by increasing your body temperature and accelerating fatigue. In fact, you can lose up to a liter of water per hour during a workout, and double that if you are training in hot or humid weather.

You can tell how much water you have lost simply by weighing in before and after a training session or game. The weight difference, which could be as little as ½ a kilogram to over 2 kg during workouts in hot climates (luckily we live in Canada) is due to body fluid loss – also known as SWEAT or WATER! Running Dry. Your body needs water. Water helps deliver oxygen to the working muscles and helps you to stay cool. But as you lose water through sweat, you become dehydrated, decreasing the volume of blood circulating in your body and forcing your heart to pump harder during exercise. Because you now have less fluid in the body, there is decreased sweat production, causing heat to build up in the body. **THE END RESULT:** you are running the risk of fatigue, headaches and cramping! Ultimately, your performance suffers.

STAYING COOL

Sweating and water loss through sweat are natural phenomena of exercise. But a decrease in our ability to perform can be avoided by taking care to ensure adequate pre-, during, and post-exercise hydration.

1. Prepare yourself in advance of your training and competitions
2. Drink fluids throughout your training session or competition
3. Rehydrate after exercising

FLUID INTAKE GUIDELINES:

To ensure that you are properly hydrated use the following guidelines in your daily training:

1. Prepare yourself in advance of your training and competitions:

- Drink a minimum 2 liters (8 cups) of water during your day.
- Consume a pre-workout drink in the ½ hour before exercise of 250ml (1 cup or more) drink more if you sweat heavily.
- Drink fluids throughout your training session or competition: 125-250ml (1/2 – 1 cup) of fluid every 10-20 minutes.
- Re-hydrate yourself with fluids after exercise.

What Is The BEST Choice For Re-hydration?

What's in the Bottle? From Sports Drinks to Vitaminized Water

There is an ever-increasing variety of beverages in the store coolers these days. Some are targeting athletes and athlete wannabe's; others sound like they're healthy choices. Before you grab the best-tasting, or the one with all the hype, look to see what's in the bottle and consider what it is you really need.

What are Sports Drinks?

Are sports drinks just sugary beverages? In fact, there's more to these drinks than just sugar. The science behind sports drinks technically defines them as carbohydrate electrolyte solutions designed specifically to replace energy (carbohydrates), electrolytes (e.g. sodium, potassium), and fluids lost as a result of physical exercise.

Sports Drinks can be used:

- **Before** exercise to provide a little extra fuel;
- **During** physical activities that last longer than 60 minutes of non-stop exercise;
- **During** and **in-between** multi-events (e.g. swim meets, soccer tournaments);
- **After** exercise to help restore carbohydrates, electrolytes and fluids lost.

Sports Drinks are not necessary when:

- Random drinking not related to exercising;
- Exercise is < 60 minutes steady duration (e.g. community hockey game);
- Sipping throughout the day or as a drink with meals.

However, selecting a suitable sports drink isn't always an easy task as the composition of these drinks can vary from product to product, especially their carbohydrate and sodium content. To make this even more confusing, there are a variety of beverages that may be perceived to be sports drinks, but technically are not designed to aid sport performance.

True “Sports Drinks”: *Carbohydrate, electrolyte beverages*

- *E.g., Gatorade™, Powerade™, eLoad™, Accelerade™*
- Ideally consist of 6-8% carbohydrate* (i.e., 6 to 8 grams of carbohydrate for every 100 ml of beverage), 500-700 mg of sodium per litre*, 80-200 mg of potassium per litre*.
- **Purpose:** replace energy (carbohydrates), electrolytes (e.g. sodium, potassium), and fluids lost as a result of physical exercise.
- **Usage:** (See “Sports Drinks can be used”).

Low-Calorie Electrolyte Drinks: *Artificially sweetened, provide electrolytes & fluids*

- *E.g., G2™, Nuun™*
- **Purpose:** provide fluids and electrolytes only
- **Usage:** when no need for carbohydrates in a drink, but want to replenish electrolytes and fluids lost with sweat. Will not enhance endurance as they contain no carbohydrates.

Vitaminized Water: *Water with vitamins added and possibly carbohydrates*

- *E.g. Aquafina Plus™, Vitamin Water™*
- **Purpose:** promoted as a “healthy” type of water.
- **Usage:** not a replacement for a healthy diet; could result in consumption of too many random vitamins; may be too high in sugar for use during exercise.

Energy Drinks: *Source of caffeine, taurine, carbohydrates, vitamins, possibly herbs*

- *E.g. Red Bull™, Rockstar™*
- **Purpose:** promoted to boost energy levels and improve mental concentration.
- **Usage:** only provide short-term perception of energy; caffeine content is usually excessive for children and/or for those not accustomed to regularly consuming caffeine; may be too high in sugar for use during exercise.

Make your own sport drink:

¼ cup of fruit juice
¼ tsp salt
4 tbsp sugar
3 ¾ cups of water

This gives carbohydrate and electrolyte composition similar to many commercial sports drinks.

**The Bottom Line: Drink when you are thirsty! Drink when you are not thirsty!
And....drink in between!**

A Little More About Water: All life depends on water. Your body is made up of water. Every day, you lose about 6 to 7 cups (1.5 litres) of water through sweating, breathing and other body processes. During intense activities, you will lose more. A goalie can lose up to 2 litres an hour. We've heard that we "should" drink 8 glasses of water a day but is this really good advice? The quantity of water you drink should really depend on your size, how active you are and the type of weather where you live. An easy way to figure this out is to drink half of your body weight in ounces.

For example, if you weigh 140 lbs, half of your weight is 70. Therefore, you should drink 70 ounces of water every day. Divide that amount by 8 ounces to get the number of cups (glasses). In our example, a 140 lb person should drink about 9 glasses of water per day.

For someone who plays hockey or is active in any way, that amount will increase as well as for those living in warm climates. Don't sweat it! Drink it! Here are a few pointers to help you stay hydrated:

- Drink as much fluid as you comfortably can before, during and after exercise.
- Sweat replacement should be mostly water plus a few key electrolytes, especially namely sodium. Add small amounts of ordinary table salt to your water for a good source of sodium.
- If you are concerned with weight loss, then weigh yourself before and after an event and for every pound lost, drink two cups of fluid. Since water represents about 2/3 of your body weight, short term changes in body weight tell us more about your body water situation.
- Don't rely on your thirst. It has little to do with whether you need fluid or not. Recommendations for Before, During and After Activity
- The best muscle stores are built from carbohydrates taken on a regular basis in the days leading up to the event and starting in the hour following an event. Large meals should be consumed no closer to 3-4 hours prior to the event.
- Do not experiment with something new prior to an event. Test it out at a less important time to assess its affects and results.

- Carbohydrates taken in the hour prior to the event will stave hunger, but will not likely add much as far as muscle energy. They should be sources that will digest easily and quickly, such as orange juice, bananas and digestive biscuits. The more intense the exercise event, the more time that should be allowed for digestion. Don't forget to wash down your food with fluid.

- Food may not be necessary during an activity, but fluid intake is.

- Immediately following a workout such as a game or practice, it is vital to consume fluids and carbohydrate snacks such as bananas, bagels, yogurt or digestive biscuits to start the replenishment process for muscle glycogen. Snacks are used immediately, simply because they are easier while efficient.

- Something more substantive should follow within 1-2 hours of the event. Muscular storage of carbohydrate is at its best when carbohydrate is consumed right after a game or practice. Plan Ahead - Balance Food, Exercise and Rest

- Rest is a key ingredient of a training regimen. Tired muscles need time to heal and rejuvenate, as well as to replenish the glycogen stores depleted by constant activity. If you're a coach, trainer or player in hockey, it is important that you constantly review your schedule to assess where the proper placement of a rest day will enhance your performance.

- Looking ahead over the hockey schedule at least a week in advance will also help you to figure out where your peaks of energy usage will occur. This way, you can ensure replenished and full stores of glycogen by consuming carbohydrate-rich foods.

- For those who are involved in Tournament events or extensive travel, you must take even more time to evaluate the schedule in conjunction with clear plans for food and fluid consumption. The extra demand on your energy stores and the challenge of "non-home" meal preparation need to be recognized. This could be the key to success where over such a short period of time, such a large demand is placed on the stamina of the muscles and body. Time between activities (time for food digestion) is the deciding factor on the type of carbohydrate to be consumed.

Hockey Nutrition Tips

6 Classes of Nutrients Essential for Top Performance

1. Carbohydrates
2. Fat
3. Protein
4. Vitamins
5. Minerals
6. Water

Carbohydrates are a source of energy that can be either simple or complex in form. The best source is found in fruits, vegetables, breads and grains. This is the main source of energy when you exercise hard and it should form about 60% of your daily calorie intake.

What we suggest

1. Become a wise athlete and choose breads, rolls and buns that are 100% whole grain. Although white breads, buns and rolls use enriched flour (i.e. a few nutrients are added back), the refining of grains removes key nutrients only found in whole grains.

2. Drink fruit juices. Most soda pops and fruit drinks are loaded with sugar and with almost no other nutrients. The word "drink" on the bottle is generally a good sign that what you are getting is inferior to a real juice in terms of nutrients.

Yes, we need carbohydrates, but it is best to get them through whole foods and fruit juices.

Fat is a source of stored energy that is burned most by resting muscles and by doing prolonged low intensity activities, such as walking. Since fat provides at least twice the food energy of carbohydrates and proteins, it is easy to pack on body fat when scrumptious fat-rich foods are eaten.

What we suggest: Eat vegetable fats such as extra virgin olive oil instead because they are usually unsaturated providing essential fatty acids. Make sure that your daily intake does not exceed 25% of the total daily calories.

Be aware that there are hidden fats that are easily obtained but not noticed in potato chips, donuts and salad dressings. Many muffins and cookies are high in fat as well.

Protein provides the building blocks to make and repair muscle and key enzymes that make our bodies work. It is also a form of energy that gets called upon when the carbohydrate stores have been used up. When you emphasize carbohydrates and low fat protein sources, it is easy to have a diet with the right proportion of carbohydrate and protein. Focus on meats, low fat dairy products, beans and whole grains.

What we suggest: Get the best sources for protein in your food consumption by including fish, poultry, meats, dairy products (but, watch the fat in ice cream) and beans. Your daily intake should be about 15% of your day's calories.

Vitamins are metabolic catalysts that regulate chemical reactions in the body. The body does not manufacture these and so they need to be acquired through proper foods. The main vitamins are the B complex, A, C, D, E and K.

What we suggest: By eating a wide variety of foods, especially grains, vegetables and fruits, you will ensure that you get your daily intake of vitamins.

Minerals are elements obtained from foods that help form structures of the body (e.g. calcium in bones) and regulate body processes (e.g. iron in the blood). There are at least 15 key minerals.

What we suggest: Choose a diet from a variety of foods and be aware of hidden fats and sugars. This will help give you all the minerals you need for performance.

Water is the essential substance that makes up about 65 % of the body weight of a lean athlete. The more body fat you have, the less the proportion of water in your body since fat cells, loaded with fat have a low water content. Water helps the body balance its temperature. It is a major constituent of the blood and the fluid that is inside and outside of the body cells. Therefore it carries nutrients to cells and waste materials from cells.

What we suggest: Always keep yourself hydrated. Without water balance in the body, you will not perform well.

Food to fuel - The Simple Process Food contains many complex molecules that must be digested to small components that can be absorbed into the blood. Digestion can start in the mouth but the stomach and intestines are the most important areas for this. During digestion carbohydrates are broken down to simple sugars and proteins to their individual components known as amino acids. Vitamins and minerals are freed

from the complexes that make up food. Simple sugars, amino acids, vitamins and minerals are absorbed into the blood in the small intestine. Most of the food energy in dietary fat is in the fatty acids. Because most of these are not water soluble, they delay the absorption process. Amino acids in the blood are available to all cells, but athletes are most concerned with them being available to grow and repair muscle proteins. Simple sugars can be used by cells as an immediate fuel, but excess sugar molecules are stored in liver and muscle as a complex known as glycogen. Between meals, liver glycogen is constantly being broken down to provide sugar (glucose) for the blood. The brain depends entirely on glucose as its fuel. Muscle glycogen is broken down to create the energy when we work, play or train at moderate or higher intensities.

Get it now? This is why it is important to eat proper foods at an appropriate time prior to exercise, so that the food can be digested and stored ready as an energy source for exercise. Eating foods that take time to digest too soon prior to exercise means that the body will not get any energy from them. The Energy Process When we play a game, practice or work out, carbohydrate that is stored in muscle as glycogen is the most important fuel. The body also uses blood sugar (glucose) as well as some fat. If we used no other fuel, the amount of stored fat we have could provide the energy for at least 50 games, but we would have to play at less than half speed. This means that a fast game or hard practice uses up muscle glycogen. After the game or practice, this must be replaced to allow us to perform well the next day. The reason for this is that we have a very limited capacity to store muscle glycogen. When it gets used up completely, it takes about 24 hours to refill this fuel tank. Knowing these facts is helpful for planning your food intake - when to eat, what to eat and how much to eat. Do it now! Here are some smart things you can do to be sure that your carbohydrate fuel tank is as full as can be to ensure you can play at a high level.

- Since carbohydrate is brain fuel and fills most of the energy needs for games and practices, emphasize carbohydrates in your diet.
 - Fruits
 - Grains
 - Vegetables
 - Low fat dairy products
 - Beans are also a good source of carbohydrates and have protein too!
- Consume whole grains rather than the white stuff - you'll get more nutrients and perform better.
- Concentrate on keeping your fat intake low to help you fill up on more carbohydrates.

Since it takes almost 24 hours to fill an empty muscle glycogen tank, start eating as soon as the game or practice is over. Remember, right after the game or practice your muscle glycogen fuel tank is easier to fill. So keep a snack in your bag. Key Points

about Fluids When you work hard, you sweat. The hotter it is the more you sweat. If you are wearing a lot of hockey equipment then you will also sweat more. Sweating is a process the body uses to help keep you from becoming overheated. Sweat contains mostly water, but also minerals known as electrolytes, including sodium. If you do not replace what you lose in sweat, you can negatively affect a variety of systems in your body, especially your circulatory system. Replacement of sweat losses is very important and allows you to perform at a higher level. Be aware that a very large sweat loss that is not replaced can put your lives in danger.