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*ARHA Parents – these newsletters are for your players, so please forward to them!*

## Introduction of Reaction Time and Training

In this week's issue of the ARHA House League Development Newsletter, we would like to talk about reaction time and introduce some reaction time drills to you. Good reaction time allows us to be agile and efficient when responding to stimuli and situations. As a matter of fact, reaction time can be trained. Reaction time training allows hockey players to correctly respond to situations at faster speeds. For example, a hockey player dodging a bodycheck and a goalie stopping a puck both depend on good reaction times during a game. The following links will introduce some effective strategies to improve your reaction time for better overall hockey performance:

- A Workout Routine to Improve Your Hockey Reaction Time  
<https://www.youtube.com/watch?v=gRZKLEsyMc&t=389s>
- Youth Sports Training: Improve Hand-Eye Coordination, Accuracy, and Reaction Time  
<https://www.youtube.com/watch?v=t0bhYYP4miA>
- Reflex Drills | Improve Reaction Time  
<https://www.youtube.com/watch?v=S0mqbfu9s-0>

## Comparing Reaction Time Between a Cat and a Goalie

Here is a cool and informative video that shows a goalie's fast reaction speed like a cat! The video fully displays and explains the science behind the situation:

- <https://www.youtube.com/watch?v=Hb-Ke7KyKPY>