



ARHA House League Development Newsletter

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Editors: Javier Woo, Chloe Zhou & Michael Zi, Faculty of Kinesiology & Physical Education, University of Toronto

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

What You Can Do Now to Be Ready for When You Hit the Ice!

In this issue of the ARHA House League Development Newsletter, we wanted to introduce some at-home practice drills to improve your strength and balance. Strength is required in hockey to exert faster puck speeds by shooting more powerfully and passing more accurately over long distances. Having more control of balance can contribute to better overall performance. Balance can be improved not only on the ice but also off the ice. The following links are resources to home-practice drills that help you effectively improve strength and balance. We encourage you to work through them at your own pace and stay physically active during the pandemic.

Balance Drill for Hockey

<https://www.youtube.com/watch?v=yKMOLqigD9M&t=56s>

Balance Board Drill – Around the Body (not only for kids but all individuals!)

<https://www.youtube.com/watch?v=-7wVMN5jDog>

Hockey Leg Workout at Home (building lower body strength)

<https://www.youtube.com/watch?v=8-LqKpnafHs>

40 Hockey Exercises You Can Do at Home (more workout ideas!)

<https://www.youtube.com/watch?v=eB6RBnIKbus>

Songs for Exercise Background Music

Scientific studies show that music can help improve motivation, relieve boredom, and perceive better moods. Here is a list of great workout songs that may inspire you to improved mindsets and greater effectiveness during your exercise routine.

<https://youtu.be/2JZY3ZtCU4>

(please note that some YouTube videos may have ads that are inappropriate for some age groups – parents should double check all links)