

Power – The Essential Athletic Requirement



By: Brad Handley

Last article we discussed the importance of off ice conditioning, its elements, and how important they are to the performance of a goaltender. So now we'll take a more in depth look at one of the most crucial elements that is required of every athlete – Power.



Simply put, power is speed against a resistance. Lifting a weight slowly requires strength, lifting a weight quickly would be power. Snapping your arm out to make a glove save would be quickness, exploding your entire body from one side of the crease to the other would be power.

So why is it so crucial? Because everything you do as a goaltender will require two things: 1) everything you do to be done quickly and 2) everything you do involves the weight of your pads, your own body and even resistance against the ice. So everything you do will involve an elements of speed combined with varying degrees of resistance. Hence the need to train for power.



A lot of young goalies think that if the only resistance they encounter on the ice is their own body weight, then that's the only resistance that they need to train with. But

look at it this way: if you can train your body to move extremely quickly with an added resistance, won't you be able to move even faster *without* that resistance?

That's the key to any training. Challenge the body to work harder than it is used to and it will adapt to the new conditions. Develop speed against a resistance and when that extra resistance is gone, the body will be able to move even faster, thereby increasing your natural speed.

So how do we train power? By increasing one of the basic elements, either increasing the speed when doing any resistance exercise, or increasing the resistance when doing any speed exercise. For example, when doing a push up, which uses the resistance of your own body weight, explode upwards, adding speed. Or when sprinting, wear a weight vest or parachute, which adds resistance. Just keep in mind that there should always be a combination of both speed and a resistance. And now we're back to what we discussed last article, where resistance training would help develop power by increasing one element. Then adding speed increases power even more by using both elements. The next step is seeing how the improved speed against a resistance will cause you to be even faster once that resistance is removed. So next article we'll take that step and talk about speed by itself.

Brad has been involved in strength and conditioning for ALL hockey players for the past 12 years. Brad graduated from the University of Alberta in 1997 with a degree in Kinesiology. Brad is currently the Head Trainer/Strength and Conditioning Coach for the Brampton Battalion of the OHL. Over his 12 years Brad has worked with over 40 players currently playing pro hockey, over 100 Major Junior and Div 1 college players and consulted and developed team conditioning programs for 10 different junior hockey teams. Brad is a welcome addition to the ATC staff!!!