



## Training Tip / Play Hockey

If you are looking for a fun work out to do with you club to mix it up but also get some needed activation of skating muscles, hockey maybe a good option.

Speedskaters often joke that hockey is a "waste of good ice" but new research has shown that hockey skates and playing hockey are a great benefit to speedskaters. The round radius of hockey skates forces skaters to learn how to push directly to the side quickly. Additionally, the stop and go nature of hockey games is a great way to activate fast twitch muscle fibers.

Obviously certain safety precautions need to be taken and some boundaries should be established before each practice, but if this is done there is no reason hockey can not be a good cross training tool for your club.