

A300 Multiple Puck, Ball Nervous System Overload

Key Points:

Use two or more balls, pucks of different sizes, weights, bouncyness to overload the nervous system.

Description:

1. Skate around the ice and control more than one puck, ball or combination of balls and pucks.
2. Use items such as: tennis balls-light, racquet balls-bouncy, heavy pucks, light pucks, soccer balls, waffle balls-light, squash balls-small. The nervous system has to adjust to each weight and size and control the amount of pressure applied on each object.
3. Progress in the amount and variation of objects and then reduce the number every few minutes until the player is handling one puck.

-A routine I have a pro player do is; skate around the ice with a tennis, racquet and hockey ball. After one lap I take away the hockey ball and replace it with a puck, another lap and I replace the tennis ball with another puck, third lap I take away the racquet ball and now he has 3 pucks. After a lap two pucks putting them back to the skates and on the stick. Then one puck doing the Russian big moves all around and thru the body.

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