



21 DAYS



to Good HOCKEY Habits

MWHA Parents,

This e-mail attachment is to introduce to you the "21 Days to Good Hockey Habits". Originally, I had intended to have the PeeWee level start this program, but the MWHA Hockey Development Board felt that all travel teams might benefit from this concept. What follows is a short description of what "21 Days" is about.

Behavioralists (That's a big word, Denny. Look it up.) have concluded that if you want to ingrain a certain behavior or habit, you must repeat that task 21 straight days. After those 21 days, the chances that a person will continue that behavior or habit is greatly increased.

To jump start this behavior, the second attachment has a very simple and easy workout of shooting, stickhandling and conditioning & strength training that would take roughly 30 minutes to complete. Once teams are formed, coaches at the different levels will be encouraged to have their kids continue this program and the coaches will be free to add to and change the program to best suite their kids.

I am the father of four boys, ranging in age from 16 to 5 years old. Although they are active in sports and other

activities, I see them waste plenty of time on video games and television. (An aside; Nickelodeon Network voluntarily went off the air for 3 hours Saturday, September 29th so that

kids would go outside and play.) Like their homework, I will need to "motivate" my kids to start and continue this program. What keeps two of my kids interested is to watch their own progress on paper. So, below is a chart you can keep track of shots taken, minutes of stickhandling and if they worked on their strength and conditioning. (Participation in this program WILL NOT factor in to your child's tryout status.)

My hope is that the kids will view this as a challenge and, with peer pressure, will continue the good work habits throughout the season and beyond. Who knows, when the seasons change the stick and puck can be replaced by the baseball glove and bat, tennis racket or soccer ball.

Thanks and good luck on helping your child develop good hockey habits.

Mike Curti
PeeWee Coach



Player _____ Level _____

OCTOBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	TOTAL	
Shooting																							
Stickhandling																							
Cond. & Strength*																							mins.
Initial																							

*Players participating in a fall sport can use that sport's practice or game as the conditioning/strength portion of the workout.