

8U HOCKEY

getting more of what's **good.**



A recent study quantified the skating benefits of cross-ice hockey for 8U players and also dispelled a myth about reaching top speed. Among the key findings:

ACCELERATION **INCREASED BY 10%**

8U skating acceleration speeds **increased** as the ice surface size was reduced. Average skating acceleration speeds were 10 percent faster in cross-ice hockey compared to full-ice hockey.

TOP SPEED **REACHED IN 65 FEET**

The average distance 8U players needed to reach top speed was 65 feet. Advanced skaters reached top speed in 60 feet or less. The cross-ice playing surface is 85 feet in length, meaning 8U players **can** and **do** reach top speed in cross-ice hockey.

WHAT DOES IT MEAN?

Effective skating, especially at higher levels, is a combination of turns, pivots, stops, starts and transitions. It's been said that the NHL's No. 1 skill isn't **top** speed; it's the ability to **change** speeds and **accelerate quickly**.

Cross-ice hockey trains players to **skate the game**, rather than simply skating fast in straight lines. It provides more acceleration, more agility and more engagement. It also doubles players' puck-handling opportunities.



DYLAN LARKIN
NHL All-Star Game Fastest Skater

"Speed is good, but quick acceleration and agility is what matters most. That's what makes you a consistent difference-maker everywhere on the ice."



"Maximal speed is rarely reached in a hockey game. As a result, the preferable method of performance enhancement would be to increase acceleration."

National Strength & Conditioning Association



"NHL players have a top speed of approximately 25 mph, but they only spend 20 percent of each game skating above 12 mph and they reach top speed less than 2 percent of the time."

PowerScout Hockey



"The flat-out use of maximum skating speed in hockey simply doesn't happen very often. What does happen is that you have to be adjusting, changing, going forward, backward, lateral, always turning and moving toward the puck; that's agility skating ... smaller areas generate more stops, starts, turns and most importantly, more puck touches."

Dr. George Kingston
former NHL and Canadian
National Team Head Coach