



HOCKEY HALL OF FAME EDUCATION PROGRAM



PHYS-ED PRE-VISIT ACTIVITY

Activity 1: Rebuild

Many NHL teams are finding that the older arenas no longer satisfy the needs of a competitive, contemporary professional organization. As a result, the traditional hockey arenas are being gradually replaced by larger, revenue-generating, state-of-the-art sports complexes.

1. Determine a host city for a new Hockey Franchise. Using a city street map, find a suitable location, keeping in mind central areas. Design a unique, new arena for a new hockey franchise.

In your design, consider:

- ice size
- access to dressing rooms
- audience size & distribution
- press boxes
- luxury boxes
- advertising
- parking and public washrooms
- public relations
- ice maintenance
- services for players and fans
- handicapped patrons
- non-hockey functions
- atmosphere
- transportation

2. Through independent research, examine the changes you have noticed from older rinks to new rinks. How have they adapted over the years and how do you anticipate further changes?



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PHYS-ED HALL-VISIT ACTIVITIES

1. Play all three levels of the **NHLPA Game Time** Shoot Out. What factors make each level increasingly difficult?

2. At what point do you begin to feel fatigued?

3. Using your knowledge of aerobic and anaerobic exercise, briefly describe what is happening to your muscles.

4. With a partner, alternating after every turn, play **NHLPA Game Time** Shut Out on the same level, at least three times each. Does your score improve the more you play?



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Activity 2: Performance is Key

1. List some training techniques that would improve a goalie's performance. How and why would these activities help a goaltender?

2. Sport specific training allows a hockey player to take the components of aerobic, anaerobic, flexibility, strength and agility training and create drills which are directly related to the sport of hockey. When properly formulated, this dry land training should be able to simulate actions found in hockey without the necessity of having an ice surface. In a complete activity such as skating, the legs, arms, trunk and head all contribute to the efficiency of the motion. This efficiency can be improved with a hockey-specific exercise that helps the athlete practice the natural movements within the activity.

Create and develop five dry land exercises where the athlete can simulate actions found in hockey. What tips would you give to the athlete regarding this type of training?



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3. Hockey is a sport where anaerobic training is of great benefit. Hockey players can extend the length of time in which they can perform at such levels while playing close to their maximum heart rate. For example, players can condition themselves to keep on skating hard even though their legs are burning.

As a coach, how would your knowledge of each of these concepts help you better prepare your athletes?

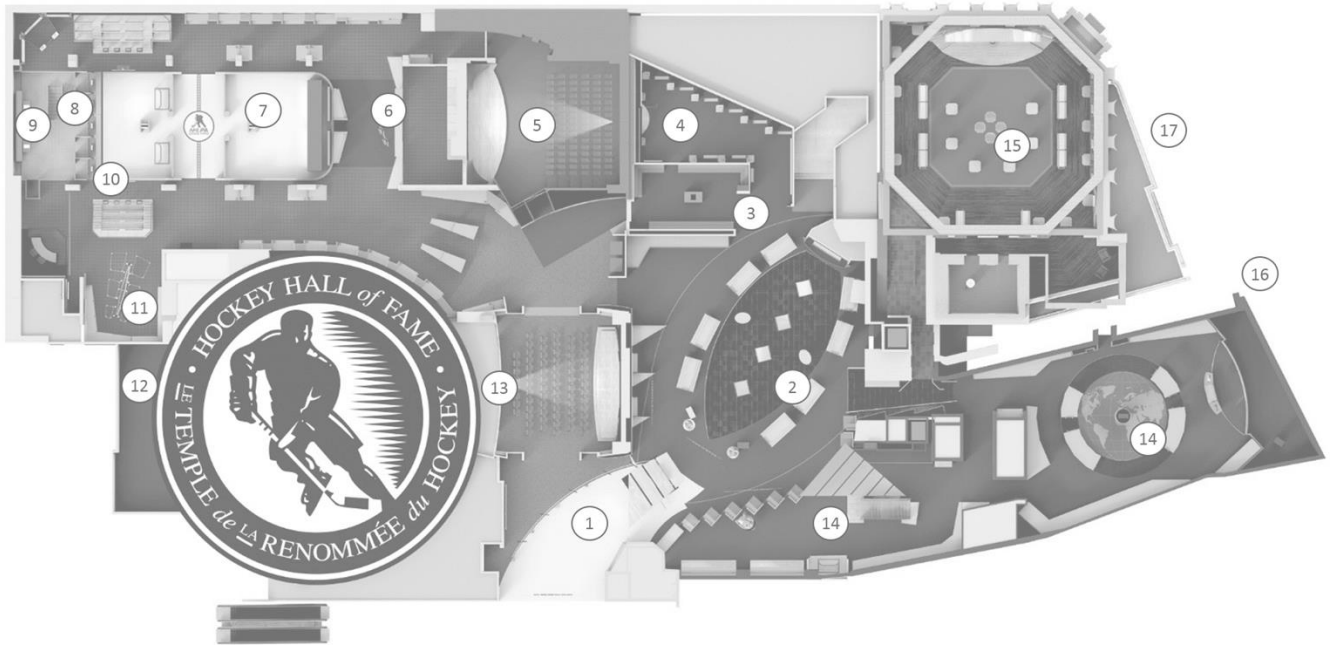
4. Describe what pre-season, in-season and off-season training means to a hockey player. If you were a hockey coach, how would your training methods change throughout these three seasons?



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HOCKEY HALL OF FAME GUIDE MAP



1. Entrance Foyer Displays
2. Honda NHL Zone
3. Canadiens Dressing Room
4. Stanley Cup Dynasties
5. TSN Theatre
6. Hometown Hockey
7. NHLPA Game Time
8. TSN/RDS Broadcast Zone
9. EA Sports NHL 18 / PS4 Game Kiosks
10. Shoot for a Cure Slapshot Trivia
11. Upper Deck Collectors' Corner
12. The Mask presented by Imports Dragon
13. Tim Hortons Theatre
14. Tissot World of Hockey
15. Esso Great Hall & NHL Trophies
16. Spirit of Hockey Retail Store
17. Exterior Sculptures