



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

Hint: To help you find the answers, use the guide map found at the back.

1. Play all three levels of the **NHLPA Game Time** Shoot Out.

a) What factors make each level increasingly difficult?

b) At what point do you begin to feel fatigued?

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

d) 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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PHYS-ED POST-VISIT ACTIVITIES

Activity 1: Knowledge of Skills

1. Think about the three main skills you would use in the sport of hockey. How does having the skills to participate in this sport and knowing how to apply phases of movement and biomechanical principles help build your confidence and encourage your participation?

2. There are many different levels of training, skills and physical abilities someone goes through from childhood until they are a senior. Design a series of warm-up and developmental exercises for each of the following age groups to ensure continued participation and injury-free play. Use a separate sheet of paper for your answers.

- Childhood
- Youth
- Adulthood
- Senior



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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.

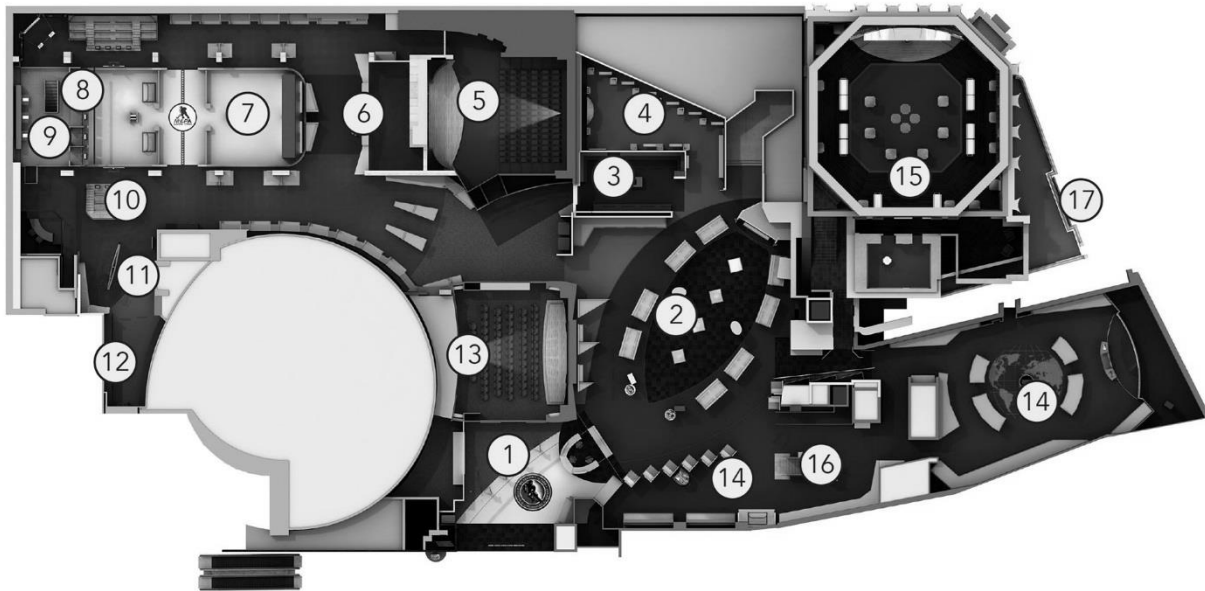
As a coach, how would your knowledge of each of these concepts help you better prepare your athletes?

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 | 10. Slapshot Trivia |
| 2. Honda NHL Zone – 9 & 99 Exhibition | 11. Upper Deck Collectors' Corner |
| 3. Canadiens Dressing Room | 12. The Mask presented by Imports Dragon |
| 4. Stanley Cup Dynasties | 13. Tim Hortons Theatre |
| 5. TSN Theatre | 14. Tissot World of Hockey |
| 6. Hometown Hockey | 15. Esso Great Hall & NHL Trophies |
| 7. NHLPA Game Time | 16. Spirit of Hockey Retail Store |
| 8. TSN/RDS Broadcast Zone | 17. Exterior Sculptures |
| 9. Video Game Kiosks | |