

The Mö Hockey Method

*Proven ideas to have more fun,
play better, and get the most
out of your time on the ice.*

*Sportsmanship/Fun
Energy/Speed
Skills/Improvement
Coaching/Practice
Game Tactics
Drills*

scott.moehring@gmail.com

Sportsmanship/Fun

Above all, play so everyone wants to play again next time.

Play hard, play fair, have ridiculous amounts of fun, and help as many people on the ice do the same thing. It builds teams, leagues, and friendships. It brings more new people to the game, and it keeps the old ones coming back. You will probably never have a career in hockey, but anyone can enjoy a lifetime of playing.

Play hard every shift, no matter what the score.

Don't write off the rest of your play time because you think you can't win the game. What a waste.

When you are playing with someone less experienced than you, help them get more experienced. Include them.

Make it your mission to help others be in the right spot, catch your pass, make a play, get a shot off, or recognize one good thing they did in their last shift. If you don't, they will tend to hang back, stay out of the play, and never improve. That's no fun. Help them to learn and get better. Using your skill to help set up plays for others will make all of you better players, and you all will have more fun at the same time.

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Commit to having more fun than any other team you know.

Be the team everyone wants to play for. Be the player everyone wants on their line, not just because of your wicked shot, but because you are so much fun to play with.

The other team is not your enemy.

They are your partner in having a good game. Play hard, but always, always play fair. Without them, you just have another scrimmage with your teammates.

Keep it positive.

Smile. Laugh. Yell for good plays. Joke with the ref. Compliment a teammate on a good play. Compliment someone on the other team on a good play. You will have more fun, and they will too.

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Sportsmanship/Fun

Don't fight. Just don't.

Players that fight get tossed out of games, leagues, and friendships, either on the pond or in the NHL. Don't do it.

Don't ever, ever, ever try to hurt someone.

Hockey isn't a fight in a dark alley. Don't retaliate, and don't "get someone's number". It will take your focus off the game, get you dumb penalties, and you might really hurt someone. I've known a lot of players who said they were going to get someone. I've never known any who felt good when that other player actually got hurt.

Players sign up to "play hockey". Players don't sign up to "win hockey".

Playing is the real joy. Don't take the joy out of the games you don't win. Play for maximum fun, and you will always win.

Focus on the stuff you did well.

The good pass, even if the play fell apart.
The good play, even if the shot was blocked.
Being in the right spot, even if they got around you.

Don't complain

Don't complain about the refs, the coaches, the other players, the people running the box, or the people running the scoreboard. They are there to have fun too.

Don't argue with the refs.

It won't help, and it often hurts your cause. Players play the game the best they can, and refs call the game the best they can. Be glad they don't blow the whistle for every mistake **you** make. Besides, when players are honest with themselves, there is almost always at least partial truth in every call. Accept the call, take a seat in the box, let it go, rest up, and get ready for your next shift.

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Energy/Speed

Short shifts

In a nutshell and in line with what I preach to everyone, the whole short shift thing is about the three energy systems: CrP/ATP, then Glycolysis, then Aerobic. CrP/ATP is up to the first 20 seconds, followed by glycolysis from about 20 secs to about 45, followed by aerobic. The main point of the creatine supplement is to raise your creatine levels so the first high-intensity energy phase can last longer than :20 secs. CrP stands for Creatine Phosphate.

Each system in the progression produces less total energy (i.e. less power and speed). This is a simple explanation of why short shifts are best for sprint sports like hockey, and why the pros come flying off the ice

between 35-45 secs, just before they run out of juice in the first two systems. You can set your watch by it.

How do they know? They can feel it, and you can too. The best way to cycle through the systems so you can feel and come to recognize the change is to do a serious ladder drill full out with someone at the starting line calling out the seconds every time you hit the line again. When you hit :20 you should feel a physical change accompanied by a slowing down, but not completely. At :40 you should feel a major drop in steam. For a skater of your speed, you should hit :40 at about the beginning of the full length down and back (the last step of the ladder). Your form will get bad, and you will feel major burning in your

legs. This is because your body is trying to convert to aerobic respiration which produces significantly less total energy. You, however, are telling your body to keep going fast. Because of that, you are pushing your glycolysis past it's threshold, and the waste products take a steep uptick. Do this a couple times and you are DONE for the hour or so it will take for the glycolysis waste to flush out of your muscles.

This is why short shifts keep you fresh and fast all game. This is also why short shifts help you even for a back-to-back double-header. CrP/ATP waste products are converted back with O₂ (breathing hard), and it only takes up to 4 minutes, not an hour. Once you cross the line (i.e. Get stuck on a long hard shift with a couple fast drives

end-to-end) you CAN'T fully recover during the game. Do this a few times, and you won't have the juice for even a little run. I know you've felt that before. Not in this adult league, but when you are playing others at your level.

<http://www.abcbodybuilding.com/magazine/musclefibers.htm>

As soon as you get off the ice, know who you will be replacing for your next shift.

Know where they are, and watch their energy levels. Help your tired teammates get off the ice by being ready to replace them.

Take the stairs two at a time.

Every time you can do an anaerobic burst (high intensity, short time) followed by the recovery breathing, it will help your body to be better at the sprints you will be doing on the ice.

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Don't eat anything for at least an hour before you step on the ice.

You risk rebound hypoglycemia, a temporary low-blood sugar condition caused by high insulin levels and high energy use at the same time. You need time to digest your meal, have the energy available, and have your insulin levels return to normal before you hit the ice.

Sleep is vitally important.

It's when your body repairs itself, reinforces your memories and learning, and rebuild your energy stores. It affect alertness, decision-making, energy, healing, mood, temper, creativity. Don't shortchange your sleep.

Warm up before, and stretch out after.

Stretching before exercise does not prevent injury, according to a survey of 60 years of studies. Plus, it actually reduces performance in runners by making their form looser and less controlled. Warming up the muscles at less than 70% effort for 5-10 minutes before exercise allows them to perform better and more safely. Afterwards, however, is a perfect time to stretch. The muscles are fully warmed up, and stretching them helps flush out waste while increasing flexibility and muscle fiber length safely.

Drink 12-16 oz of chocolate milk within 30 minutes after playing.

You will recover much faster than if you wait to eat. That shaky feeling will disappear. You will replace muscle glycogen three times as fast as if you eat several hours later, and the protein aids muscle repair. You will be ready to go again in much less time, even if you are just getting on with the rest of your day.

Skate hard on the ice; breathe hard on the bench.

If you are on the ice and breathing hard, you should be off the ice. You are out of anaerobic energy, and you will either have to skate slower or risk needing a longer recovery time than you will get.

Short shifts keep you fresher for the whole game.

Pushing yourself after you reach your anaerobic threshold causes the waste products to rise rapidly. It takes 4 minutes for the normal waste products of anaerobic bursts to replenish. It takes an hour for the glycolysis waste products to be flushed out.