

Five Ways to Improve Your Hockey Skills This Summer



To most people, summer break means relaxation, hanging out with friends, and sleeping in. However, to a hockey player, summer break is the perfect excuse to train and polish their hockey skills for the upcoming season. If you're unsure about how to prep for the next [WMHA](#) season without the rink, here are five ways to improve your hockey skills this summer that don't include ice time.

1. Off-Ice Shooting

Fun fact: you don't need ice to practice your game-winning shot. The most crucial thing about shooting is your technique, and technique can be built anywhere - not just on the ice. There is no trick to improving your shots. The most important thing to consider is practice. To score with ease, think about purchasing a shooting pad. Shooting pads are designed for hockey players and have a smooth surface to mimic the feeling of ice. This product helps players measure their shots without worrying about the puck getting stuck anywhere or hitting the garage door one too many times. Overall, the best way to improve your slap-shot is to set a goal for yourself and practice your technique until you're confident enough in your own abilities and score with ease.

2. Leg Training.

Improving your hockey skills doesn't always necessarily mean hockey training. However, to be a good hockey player or any athlete, training your body is key to any real progress. A tip for [hockey players](#) is to focus on leg training, your power while skating and shooting comes from your legs. Without leg strength, your body wouldn't be able to perform well. So, this summer, ditch the ice time and hit the gym. Improving your leg power and acceleration will help enhance your speed on the ice. Some great workouts to try to strengthen your legs are:

- Squats with free weights
- Lunges with free weights
- Wall sits with free weights
- Running

3. Play Other Sports

Just because you play [hockey](#) doesn't mean you can't venture out and try other sports! Playing sports and being active helps maintain fast reflexes and good overall strength and speed. Sports like lacrosse, roller hockey, and ball hockey use similar skills to hockey. However, popular sports like basketball, tennis, volleyball, squash, and soccer require fast movements, strength, and rapid change. Playing other sports is exciting and fun and will help you improve your hockey skills without realizing it.

4. Off-Ice Stickhandling

Stickhandling is easy to practice off the ice as long as you've got your stick and a smooth surface to practice on. To improve your stickhandling, try these quick and easy practice drills:

- Practice "quick hands" by moving the puck from your forehand to your backhand as quickly as possible. This will encourage faster reflexes and handling techniques.
- Practice moving the puck around your entire body to focus on control.
- Grab a friend and practice moving the puck from one area of your body to the next and see how long you can go before your opponent retrieves the puck from you.

5. Go to a Hockey Camp

If you eat, sleep, and breathe hockey, try going to a hockey camp to brush up on your skills during summer break. Hockey camp is an excellent way for players to stay active in the summer while improving their skills. In addition, camps allow you to meet new people, learn new techniques, and prepare for a new season!

This summer don't get upset over hockey season being over. Instead, get excited about having a few months to practice so you come back and be the best [WMHA](#) hockey player you can be.

Happy summer break from [WMHA](#). Stay safe and have fun!