

## Specificity in the off-ice training

By reflex from a million years, our arms want to move in opposition to our legs ... the way we crawl, walk, run and skate ↘



**This would make stick skills difficult, unless we add dryland drills to use the arms independently of the legs ↘**



**Once knee bend becomes a habit, then many exercises should include a stick ...**

**... or catching a ball ...**

**... or anything that forces players to use the hands independently of the legs.**

**This also increases the use of core muscles.**





**The more your training looks and feels like the movements in your sport the better it transfers to competition.**