



# HOCKEY HALL OF FAME EDUCATION PROGRAM



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## PHYS-ED PRE-VISIT ACTIVITY

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### 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 (feasibility of doing this task varies on how busy it is on the facility during the day of your visit\*\*\*).

a) What factors make each level increasingly difficult?

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

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

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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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e) What stage proved to be the most difficult and why?

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3. The length of a hockey player's career is influenced by a multitude of factors. Select an Honoured Member from both the A & B lists below and conduct a formal investigation into the length of their careers. The information can be obtained from their Honoured Member plaques or at various exhibit displays throughout the museum.

A	B
Jean Beliveau	Irvine "Ace" Bailey
Johnny Bower	Mike Bossy
Gordie Howe	Doug Gilmour
Ed Belfour	Howie Morenz
Terry Sawchuk	Bobby Orr
Mats Sundin	Mario Lemieux
Lionel Conacher	Dale Hawerchuk

(Hint: Your study should contain general career statistics, length of play, individual and team accomplishments.)

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4. When did the chosen players above leave the game? Was it for personal reasons, or was it dictated by external forces and/or declining physical abilities?

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5. If the player was forced to leave the game because of a career-ending injury, examine the player's career and recommend a series of activities or exercises that would help strengthen the weakened area that led to the decline.

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## PHYS-ED POST-VISIT ACTIVITIES

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### 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?

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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?

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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?

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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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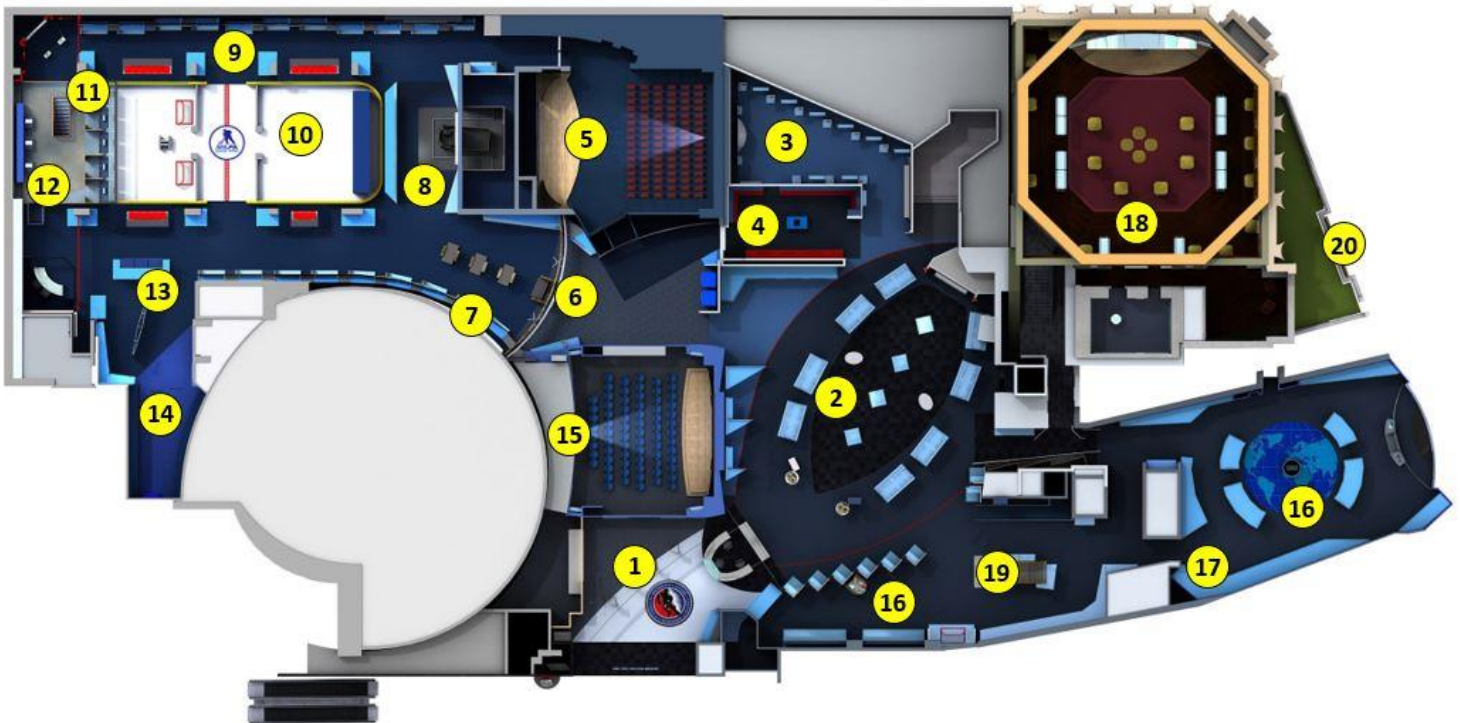




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## HOCKEY HALL OF FAME GUIDE MAP



1. Entrance Foyer Displays
2. Hyundai NHL Zone
3. Stanley Cup Dynasties
4. Canadiens Dressing Room
5. TSN Theatre
6. St. Louis Bar & Grill Arena Zone
7. Changing Face of Hockey – Diversity in our Game
8. Vintage Hockey Hub
9. Franchise Alley
10. NHLPA Game Time
11. TSN/RDS Broadcast Zone
12. Video Game Kiosks
13. Upper Deck Collectors' Corner
14. The Mask presented by Imports Dragon
15. Tim Hortons Theatre
16. National Bank World of Hockey
17. Women's Hockey: Celebrating Excellence
18. Esso Great Hall & NHL Trophies
19. Spirit of Hockey Retail Store
20. Exterior Sculptures