

Fitness Testing for Hockey

Do you have what it takes to be a hockey player? As with most team sports, there are many components of fitness that are important for success. In addition to skating skills, speed, power, agility and endurance fitness are all important..

Fitness Component	Example Tests	Comments
Body Size	Measures of Height and Weight , and Wing span which determines arm span or reach.	Arm reach and body size is important for reaching out for tackles and puck control.
Body Composition	Body fat can be measured using the skinfold method . If this is not available, monitoring body weight changes would give an indication of body fat changes, assuming no change in muscle mass.	Excess body fat would affect the hockey player's ability to move freely around the ice, and the extra weight to be carried will increase fatigue.
Flexibility	The sit and reach test can be done for lower back and hamstring flexibility.	Good hamstring and lower back flexibility is important for hockey players.
Strength and Power	The vertical jump test can be performed to measure leg power. Maximal strength tests for specific exercises should be conducted. For upper body strength endurance a push-up test can be done, A hand grip strength test is also suitable.	Strength (and power tests) should also be done to determine strength levels and to monitor strength changes in conjunction with training programs.
Speed	Speed on the ice is most important. A short skating speed test can be performed, or you can perform a standard running Sprint Test over 40 yards , with a split time for the first 5 and 10 yards.	Maximum speed and acceleration are very important in hockey.
Anaerobic	Wingate test 30 second bike test for	Hockey players require

Power and Capacity	anaerobic power. another test is the Yo-Yo Intermittent Recovery Test which measures endurance capacity and ability to recover from intense bursts of activity.	the ability to repeat sprints at high intensity
Agility	An on ice agility test is best to measure skating agility. Off-ice you can perform the hexagon test . There is also an off-ice hand-eye coordination and agility test developed specifically for hockey players, Shuttle Cross Pick-Up .	The ability to quickly change direction is very important for hockey.
Aerobic Fitness	The shuttle run (beep) test would usually be the most appropriate test for testing a hockey team. See more information on many other aerobic tests here .	Aerobic fitness is an important component of fitness for hockey

<http://www.topendsports.com/sport/icehockey/testing.htm>