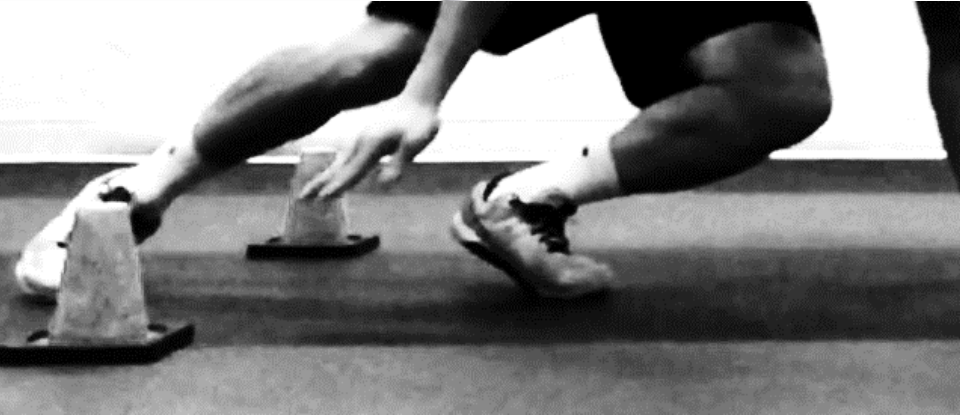


# OFF-ICE COMBINE



The off-ice combine is to provide athletes, parents and coaches with an accurate assessment of the athletes’ physical fitness. Testing helps identify strengths and weaknesses in order to effectively prepare and develop successful offseason training programs. A comparative result against other players in the same age group helps guide individual players and team development planning.

Test	What it measures	On-ice Analog
Vertical Jump	Lower body power	Explosiveness of first stride and acceleration
Triple Jump	Lower body reactive power	Peak skating speed and repetitive stride power output
Prone Bridge	Core stability	Corrective body positioning when balance is challenged
Rotational MB Toss	Rotational power	Shot power and velocity
MB Chest Toss	Upper body power	Physical on-ice encounters in front of the net or on the boards
Pro Agility	Acceleration, change of direction and linear agility	Stopping and changing directions in response to puck or player movement
Hexagon	Foot speed	Stride frequency during acceleration strides
300m Shuttle	Anaerobic capacity	Prolonged high intensity effort required during a shift

Contact the M2M admin team to book your combine TODAY! 480 Huronia Rd., Barrie – [admin@mindtomuscle.ca](mailto:admin@mindtomuscle.ca) – 705-737-5097 – mindtomuscle.ca

