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Power Plus Hockey Skating Inc.

Three Tips for Making Playoffs

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By this time of year, the grind of seasonal play can start to wear players down. But with playoffs coming closer, each game can be crucial. How do you get the best from yourself, so you can give your team its best shot at making playoffs? Here are 3 tips:

- 1. Listen to your coach.** You see your own play, but your coach sees the big picture. A good coach knows the strengths and weaknesses of everyone on the team and has a plan for putting players together in a way that gets the best results. Do your part.
- 2. Watch other teams.** In every sport, athletes study their competitors. Knowing what the other athlete or team will do under pressure can give you the edge. Watching the competition can show you weaknesses that you can take advantage of. If you can control a game so you're pitting your strengths against the other player's weaknesses, it can make a big difference.
- 3. Help your body recover faster.** If you're playing a lot, your muscles can get depleted of energy. Muscles store energy in the form of glycogen, which is built from carbohydrates. Research on the best way to replenish muscle glycogen is still under way, but experts pretty much agree on one thing - eating carbohydrates, with or without a bit of protein, within 20 minutes after finishing intense activity will help your muscles recover faster. So if you've played hard, eat some carbs - the sooner the better!

For more information, visit www.powerplushockeyskating.com or call Tina at (780) 524-8475, or email tina@powerplushockeyskating.com.