



Mind The Net Goaltending  
[www.mtngoaltending.com](http://www.mtngoaltending.com)

## Off Season Training - April



### Off Season

1. Ensure to participate in recreational activities at least 4 times per week where you are working hard enough to sweat, but not too much that you are tired the next day.
2. After recreational activities, take 15 minutes to stretch out all muscles, holding each stretch for at least 30 seconds. Especially problem areas.
3. Begin to monitor eating to ensure getting proper nutrients; feel free to eat a little more than typical, but make sure it is quality foods (nutrient dense) and not empty calories.
4. Try not to practice any hockey-specific drills.
5. Spend time doing a hobby you enjoy, not hockey-related.