

# IM Exercise Variations for Training Hockey Goaltenders



## Course Description:

During this webinar we will be exploring the connection between sport and the key benefits of IM training. We will cover the importance of focus, concentration, rhythm and timing, coordination, balance, motor planning and sequencing and decision making; skills that are vital in any sporting performance, but focusing primarily on hockey goaltending.

IM training has the potential to fill the gap that currently exists between unique sporting skills, identified as necessary for peak performance, such as rhythm and timing, focus, decision making and concentration, but not yet filled in regular sports training programs.

An important aspect of combining IM training with regular sports programs, is identifying the unique requirements of the individual athlete's performance through observation and analysis, then applying this knowledge to formulate a program specifically tailored to the individual's needs. Previous research and documentation using the IM in sport, has focused primarily on a "one size fits all" type of program. Standard 12 exercise programs for any sport. During this presentation, I will take IM training a step further by changing and expanding existing IM exercises which can be created based on athlete sport observation and analysis.

To personalize IM programs for athlete's it is important to identify and analyse the physical, mental and environmental factors sporting athletes encounter, and then the applications involved to plan a sport specific IM creative program, that both simulates and challenges various athlete components discovered during the observation period.

I will take you through a step by step example of how observation and analysis of a hockey goaltender, combined with creative brainstorming and adaption of IM exercises, produces a personalized, challenging, sport specific IM program for hockey goaltenders.

## Target Audience:

- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer

## Learning Outcomes:

Upon completion of this course, participants will be able to:

- To observe and analyse the unique sporting characteristics of hockey goaltending.
- To transfer hockey observations into creative simulating and challenging IM exercises for goaltenders.
- To run programs with awareness and flexibility to ensure an athlete's program remains rigorous and challenging.

**\*Note: This course covers information that pertains to licensed therapists and therapy assistants. COTA and PTA professionals must practice IM under the supervision of an OT or PT.**

## Instructor:

Jodi is a Sports Performance Consultant for Beyond Peak Performance, a company she created in 2006. She works with amateur, aspiring and elite athletes, using a range of brain training technologies and strategies, focusing primarily on the Interactive Metronome. Since her certification as an IM provider, Jodi has been working in the field of sports performance enhancement within Australia, Canada and China.

She has a Bachelor Degree of Applied Science in Exercise and Sport, from the University of South Australia. She is a certified provider of the Interactive Metronome (IM), has certificates in Sports Psychology and is practised in neuro-programming strategies.

Jodi has experience working with various sporting athletes, including but not limited to tennis, hockey, volleyball and soccer players, wrestlers, swimmers and golfers. Athletic ability has ranged from amateur to Junior National level of competition. She has also worked with corporate executives and people recovering from TBI and stroke.

She has vast personal experience participating in a wide range of team and individual sports. Jodi has been a state representative in Netball, Swimming, Athletics, Gymnastics and a national representative in Softball. Her extensive sporting

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background and participation in a wide diversity of sports, gives her a solid practical foundation, and the unique ability to analyze sporting skills, components and demands, in both individual and team environments. Her brain training programs are designed to work in collaboration with existing coaching, fitness and skills training programs. Together with coaching and management teams, she specializes in creating a holistic and integrated approach to elite sports training.

**Disclosures:**

**Instructor Financial Disclosure(s):** Jodi received an honorarium for the development and presentation of this course from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Jodi does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Jodi uses the Interactive Metronome with clients in private practice.

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Athletes who choose IM training
- How IM benefits athletes
- Personalizing IM training for athlete-specific performance
  - Physical requirements
  - Mental requirements
  - Environmental requirements
- Targeted IM training
- Applying these principles to hockey goaltenders to increase performance
- Video Illustrations: IM exercises specifically for hockey goaltenders
- Case example: (Bobby - Vancouver Canucks NHL) training program & results
- Summary

**Instructional Methods:**

LECTURE, PPT, VIDEOS, ILLUSTRATIONS, CASE STUDY

**CEUs:**

This course is not offered for CEUs.