

TRAIN · PILLAR SERIES

NOBODY WAS EVER "TOO FAST." SPEED KILLS.

I've never heard a coach, scout, or agent say "that player is just too fast." But I've heard plenty say "we need to improve their first three strides" or "the pace of play is too fast for them."

The game has never been faster, and as players move up levels, skill gaps shrink. What separates athletes is the ability to get somewhere first: first to a loose puck, first through a gap, first out of a corner battle, first back on defense. Speed creates opportunities other players never get.

01 SPEED IS MORE THAN SKATING FAST

Hockey speed isn't just straight-line skating. Players accelerate, decelerate, transition, change direction, and react in fractions of a second. The best players aren't always the fastest in a straight line – they repeatedly create separation and arrive first when it matters. Faster athletes create more time and space. More time and space leads to better decisions. Better decisions lead to better hockey.

02 THE THREE KEYS TO HOCKEY SPEED

STRIDE LENGTH
Ground covered per push. Think Nathan MacKinnon through the neutral zone – massive force, tremendous ice covered every stride

STRIDE RATE
How quickly you cycle each stride – where acceleration lives. Think McDavid's rapid leg recovery creating separation few can match

TECHNIQUE
The foundation that lets length and rate work together. Strong and powerful means nothing if force never reaches the ice efficiently

03 WANT TO GET FASTER? GET STRONGER.

As covered in "Strength Is Never a Weakness" – speed starts in the gym. Every skating stride is an expression of force, and the more force you can put into the ice, the more potential you have to skate faster. That's why strength training is a cornerstone of every speed development program we build.

04 DON'T NEGLECT MOBILITY

Strength without mobility is a race car stuck in first gear. Thousands of hours in skating positions leave the hips, hip flexors, and quads stiff and restricted – and if you can't access a full stride, you leave speed on the table. More mobility means more range of motion. More range means more potential force. More force means more speed. Make hip mobility part of every routine.

05 TRAIN SPEED OFF THE ICE

Speed doesn't only improve by skating. Sprint training develops lower-body power, nervous-system efficiency, and explosiveness – qualities that transfer extremely well to hockey. At Testify we recommend dedicated speed and power training at least 1–2 times per week, year-round. If you don't use it, you lose it.

> **Speed is a skill** Like shooting, passing, and stickhandling, it must be trained – with consistency, patience, and attention to detail, year after year.

TESTIFY TAKEAWAY

NO COACH, SCOUT, OR AGENT HAS EVER COMPLAINED A PLAYER WAS TOO FAST.

The game will keep getting faster. Speed creates opportunities, wins puck races, and changes games – and the players who commit to developing it keep separating themselves from the competition. Speed kills.