

Manchester Flames to participate in off-ice training program.

The Manchester Flames competitive hockey organization is participating in an off-ice training program named "ScoreBound", and off-ice facility based out of the NH Sportsplex in Bedford, NH. Mark Putney, Director of Player Development for the Manchester Flames program said he is excited to have the Flames organization participate in this new training program for its players. The program consists of an hour with instructor Kim Gaudette who teaches speed, agility and strength training to the players and an hour of passing, shooting, and puck control skills instructed by NHLers Scott Pellerin and Hubie McDonough III. Putney said the facility's newly constructed puck shooting bays, ScoreBound, will afford the players the opportunity to improve on their shooting and puck handling skills. Hubie and Scott's NHL experience and willingness to work with our young athletes in a facility specifically designed for hockey players is a wonderful opportunity, not only to our individual players, but to our entire Flames Organization. Players will use heavier designed pucks to help strengthen their shots and lighter wooden handling balls to help develop quicker hands. McDonough and Pellerin will teach and instruct the proper puck shooting and handling techniques that made them both Hobey Baker recipients. Putney said "In addition to providing a fun environment, we hope to introduce our players to the importance of off-ice training and also reinforce that with the proper training and conditioning program we can decrease sport related injuries while increasing athleticism.

McDonough said "This facility will enable the kids an opportunity to work on their skills that once were perfected and reinforced in their neighborhood street hockey games. This facility now allows the kids the time and instruction off-ice to practice the skills that years ago were learned in their backyards, driveways and playing pond hockey". Scott Pellerin, a 1992 Hobey Baker recipient out of the University of Maine and NHLer added "We can teach, correct, and focus on the fundamentals of hockey at this ScoreBound facility without the pressures of the rising cost of ice time. It provides the right atmosphere to teach players the art of scoring, a skill that needs to be effectively taught and practiced in order to be successful against the highly skilled goaltenders these days".

The participating Flames teams will train 4 times a month during the pre-season and then they will continue on a monthly basis through November. Putney added "We hope to offer this program to all of our Flames travel teams in the years to come".



Flames players practice shooting weighted pucks at the ScoreBound facility

Hubie McDonough demonstrates a stick handling drill while balancing on one foot.

Scott Pellerin puts a group of Flames players through a series of puck handling obstacles.

Instructor Kim Gaudette over sees a teamwork and core building tire flipping exercise with two Manchester Flames players.