

PRACTICE WITH PURPOSE

HOW OBJECTIVE DATA CAN
IMPROVE EVERY REP



HELIOS®

HIGH-TEMPO PRACTICES ARE A MYTH

Every coach *thinks* they run a “high-tempo” practice — but until **effort**, **pace**, and **player output** are being tracked, tempo is just perception.

With **measurable practice data**, coaches can:



Validate Intensity and Pace



Identify Lulls or Inefficiencies



Build Drills with Clear, Trackable Objectives

METRICS TO MEASURE IN PRACTICE

Optimize Your
Practice Time
with
HELIOS®



Player Output

(max & avg speed, hustle, energy ratio, stride times etc)

Team Load

total energy expenditure across a session

Practice Structure

how certain drills and timing impact load and output

Impact by Position

differences in output and load for forwards vs defence

BUILDING BETTER PRACTICES

When effort and intensity are tracked, accountability rises — and so does performance.

Incorporating data into practice planning enables coaches to accelerate **player growth** and **raise the standard** for every session.



Use skate volume and intensity metrics to shape off-day and recovery needs



Tag drills by intensity so you can balance each session



Debrief practices like you would a game: what worked, what lagged?

CONSISTENCY BUILDS CULTURE

Data-driven decisions create **accountability** in the locker room.

*Players understand every rep matters.
Coaches deliver feedback rooted in facts.
Practices gain purpose and direction.*

Practice is the most under-leveraged environment for development — **make every minute count.**

EXPLORE WHAT HELIOS CAN DO FOR YOUR TEAM

<https://helioshockey.com/teams>