OHL Futures Camp 2026 – Off-Ice Testing Guide

1. Anthropometric Metrics – Height and InBody Scan

Measures: Body Weight, Skeletal Muscle Mass, Body Fat %
Why it matters: Supports durability, performance, and long-term development.
Units: Pounds for body weight and skeletal muscle mass and percentage for body fat
Better performance:

Muscle Mass → Higher

Body Fat % → Lower (within healthy performance ranges)

Weight → Context-dependent (position, age, and role)

2. Broad Jump

Measures: Horizontal jump distance.
Why it matters: Predicts stride power and acceleration.
Units: cm
Better performance: Longer distance (higher number).

3. Sprint Test – 30m Sprint with 10m Split

Measures:

- 10m sprint: Acceleration and first-step explosiveness.
- 30m sprint: Overall linear speed and top-end velocity.

Why it matters: Sprint Speed is a predictor of skating speed.
Units: Seconds (s)
Better performance: Lower is faster.

4. 5-10-5 Agility Test – Left and Right

Measures: Change-of-direction speed, lateral quickness, deceleration.
Why it matters: Quick transitions and edge changes in-game.
Units: Seconds (s)
Better performance: Lower is faster.

5. Countermovement Jump – Force Plates

Measures: Jump Height (inches) – total vertical displacement, Peak Force (Newtons) – maximal force produced during takeoff, Peak Power (Watts per kg) – explosive power relative to body weight.
Why it matters: One of the most reliable indicators of lower-body explosiveness, relates to first-step quickness, acceleration and overall power output on the ice
Units: Inches (in), Newtons (N), Watts per kilogram (W/kg)
Better performance: Higher is better for all 3 measures.

6. NordBord - Hamstring Strength

Measures: Eccentric hamstring force and imbalances.
Why it matters: Key for acceleration, deceleration, and injury prevention.
Units: Newtons (N).
Better performance: Higher is better.

7. ForceFrame – Groin and Hip Strength

Measures: Isometric groin (ADDuction) and hip (ABDuction) strength and imbalances.
Why it matters: Supports stride mechanics and reduces groin injury risk.
Units: Newtons (N).
Better performance: Higher is better.

8. Grip Strength

Measures: Maximal grip strength in each hand.
Why it matters: Relevant for stick battles, puck protection, and overall strength.
Units: Newtons (N).
Better performance: Higher is better.

9. Bench Press – Peak Power Output

Measure: Peak power output at 50% bodyweight.
Why it matters: Strength and power in the upper body support shot velocity, functional ability and robustness and overall physical play.
Units: meters per second (the speed the bar moved)
Better performance: Higher peak power

10. Anaerobic Bike Test - BikeErg

Measures: Peak Power Output during one all-out maximal sprint effort on the Concept2 BikeErg.
Why it matters: Reflects ability to produce explosive, high-intensity power.
Units: Watts (W).
Better performance: Higher is better.

11. Pull Ups

Measures: Upper body relative strength and endurance
Why it matters:Supports posture, upper body strength and endurance.
Units: Maximal reps.
Better performance: Higher is better.