

Sleepshots

background research

- Sleep plays a vital role in muscle repair and growth
- Deep sleep stages trigger the release of growth hormone
- Loss of sleep affects players agility, and shooting accuracy

Research question

Will partial sleep deprivation
affect Hockey Shooting Accuracy
performance

Hypothesis

Staying up really late
Adversity affects shot accuracy.

Variables

Manipulated variable: the time we go to bed

Controlled Variables: time we wake up, the food that we eat number of shots, some stick, some kids who shoot, distance from the net, judges for shot accuracy

Method

We are going to have a sleepover and then, go to the outdoor rink. Then we are going to take 30 shots. At our sleepover we are going to stay up till 12:00 AM. We are then going to take the data of how many top corners we go to. We will do the same thing but we will go to bed early next time. We will increase our sample size with other hockey players.

Early Bird

Sleep Deprived

Results

Results

Subject

- | | | |
|---------------------------------|-------|-------|
| ① Subject P (Age 4) Just shots | 12/20 | 4/20 |
| ② Subject E (Age 7) Just shots | 13/20 | 10/20 |
| ③ Subject O (Age 9) Just shots | 17/20 | 8/20 |
| ④ Subject N (Age 11) top corner | 15/20 | 5/20 |
| ⑤ Subject M (Age 11) top corner | 14/20 | 5/20 |
| ⑥ Subject L (Age 42) Just shots | 14/20 | 8/20 |
| ⑦ Subject S (Age 46) Just shots | 18/20 | 11/20 |

Observations; after we went to bed late, the following day, a lot of people were cranky, and short tempered.