

Title: **Bite Size Fitness Session 5**

Date:	Venue: <b>Playing Field</b>	Duration: <b>30 Minutes</b>	No of Players:	Ability / Level:	Equipment: <b>Cones, Water Bottles and a Whistle</b>
-------	--------------------------------	--------------------------------	----------------	------------------	---

**Session Goals:**  
 Hockey players require a blend of strength, power and muscular endurance. We have been building on this in the previous weeks.  
 This week we progress to a shorter fitness session that will be combined with your pre-season skills sessions to start getting your players' bodies used to working anaerobically for short, sharp periods to make them more efficient players on the field.

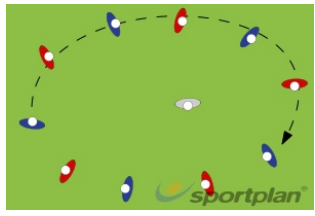
Pre warm up set up the following: Six lines of cones approximately 10m apart.

**Personal Coaching Goals:**  
 For the first few weeks of pre-season skills I would recommend that you do the fitness aspect of this session after your pitch time. This is because if you become physically fatigued before your skills session then you will be less capable of improving or learning the complex neuromuscular movements.  
 I would warm up as you have been in previous weeks, before then completing the 5 minutes of plyometric drills in order to get your players ready to move onto their stickwork. After you finish your hockey session move straight into the fitness session.

Time	Task / Activity / Session Content	Coaching Points
<b>Warm Up</b>		

**Circle Running**

Get your group to form a large circle facing the back of the person in front, with you stood in the center. Make sure the circle is as large as possible to save players from running in a tight circle.  
 Start the group slowly jogging in one direction and every 20-30 seconds change the direction - indicate this by blowing the whistle.  
 Get them to do all of the drills below in both directions.



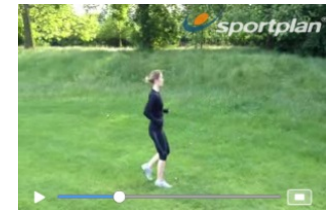
 **Coaching Tips**

This warm up is a good way to get your group to all work at same pace, so no one falls behind and is good for team building as everyone stays together.  
 Hockey involves fast changes of direction as well as moving in every direction. It's good to practise moving at speed in multiple directions. This is also good for spatial awareness as players have to stay a constant distance from the others.  
 The drills that are incorporated into the warm up are good for re-educating and conditioning the body to move at speed more effectively which is important for hockey being a fast game with a lot of rapid changes of directions.

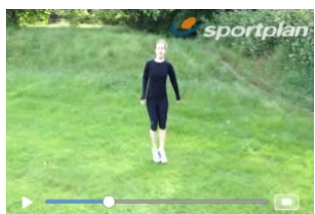
**1. Change in speed::**  
 Over the course of the warm up the speed should be progressively increased. Within the warm up speed can be changed on demand of either a command or a whistle. Go from a jog then short sharp burst. Start and stop the burst with a whistle.



**2. Run backwards:**  
 Running backwards is not only essential within hockey it is also very good at re-balancing the body by working the opposite muscles to running forwards.



**3. Side Step facing middle:**  
 Rapid side steps. Take a step to left foot out to the side then bring the right foot to meet left. Stay on for toes and stay tall. Make sure you do the exercise in both directions.



**4. Side Step facing out:**  
 Rapid side steps. Take a step to left foot out to the side then bring the right foot to meet left. Stay on for toes and stay tall. Make sure you do the exercise in both directions.



**5. Fast feet side step facing the middle:**

Side step facing the middle of the circle - is side stepping in a squat position with back straight, head up.

This is a great warm up that doubles as fitness.



**7. Grape vine (cross overs):**

Step out to your right side on your right foot. The left leg crossed behind the right foot to place the left foot on the ground. Step out to the right again with the right foot and bring the left foot this time in front of the right leg. Repeat in the opposite direction so that the left leg leads.



**6. Fast feet side step facing outside the circle:**

Same again but this time get your players to face the other way.

Fast feet in the side step wakes up the link between your players' brains and muscles. This exercise can be done multiple times within the warm up.



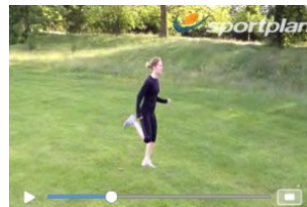
**8. High knees:**

Use arms to help drive knees high and stay on toes. Concentrate on the height of the knees and the speed of the cadence, fast, rather than covering a long distance. Short and sharp drill.



**9. Kick your bottom with feet:**

The aim is to have a fast cadence. Use your arms to balance the body and drive the movement. Try to kick your bottom with the heels of your foot. Not about distance covered, more about speed of movement.



**10. High Skip:**

Use arms to help drive the knee up and simultaneously explode off the floor with the opposite leg and foot to gain as much height as possible off the ground. Concentrate on the height of the knees and height of the hop rather than covering a long distance. The explosive phase is the up, the recovery phase in-between.



**11. Feint dodge:**

Throw dodge the opposite way you are running then continue the way you started.



**Plyometrics**

**Explosive strength training**

Players perform these practices on the start line.

These practices won't make your players tired but they will make them faster!



**Coaching Tips**

Perform 10 of each drill each out, looking for a very explosive movement. This is not a competition about who can cover the most distance, it's about height! After each practice walk back and then start the next exercise.

### 1. High Skip:

Use arms to help drive the knee up and simultaneously explode off the floor with the opposite leg and foot to gain as much height as possible off the ground. Concentrate on the height of the knees and height of the hop rather than covering a long distance. The explosive phase is the up, the recovery phase in-between.



### 3. Split Squat Jumps:

Get until a lunge position with the back leg straight down from the hip with the knee at right angles with the front leg at right angles to the hip. Explode out of the floor and while in the air swap which leg is in front. Try to gain maximum height rather than distance. Only a small distance may be traveled and this is fine.



### 5. Single leg lateral hops:

To perform a lateral hop start by standing on one leg with your hands on your waist or by your sides. This is essentially a skip but unlike the high skip you try to over maximum distance rather than high. Take off from one leg and land on that same leg, then repeat on the opposite side.



### 2. Squat Jumps:

This exercise starts with a deep squat. Explode off the floor into a jump trying to get a maximum height not distance. The up phase is the fast, power phase and the down phase is the slower recovery. It is not a race to complete each repetition the aim is to get maximum height.



### 4. Bounding:

This is essentially taking long strides while running. Think about driving the knees up and really exploding off the ground and using the arms to drive.



## Speed

This part of the session is designed to get your players' heart rate up and blood pumping as we really concentrate on speed.

1. Players stand in a line and perform hill climbers for 20 seconds.
2. Players complete the pyramid run (see below)
3. Players stand on the opposite line and perform hill climbers for 20 seconds.
4. Rest for 90 seconds.

This is one set.



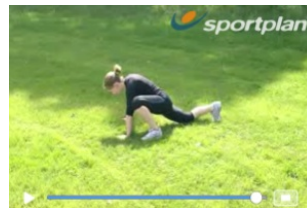
## Notes

Recovery for 90 seconds between sets then repeat, starting at the opposite end. Four sets in total.

### Hill Climbers no. 1

20  
seconds

Hill climbers for 20 seconds: In a line get your players walking in a squat position, with long low strides. Keep the back leg straight and hips low. Do this as fast and explosively as possible.



## Coaching Tips

Hill climbers for 20 seconds: In a line get your players walking in a squat position, with long low strides. Keep the back leg straight and hips low. Do this as fast and explosively as possible.

### Get moving straight after hockey training

Players take it in turns to sprint 20m forward and then walk 10 m back. Splitting your team into two groups is a good way to do this - next group of players can go once the first one has reached the 30m line. Concentrate on quick acceleration and a sharp change of direction. Recovery is the time it takes for your players to walk back to the start line. All players do this four times.



### Coaching Tips

Make sure players drive their knees high, stay on their toes and work their arms. Concentrate on quick acceleration and reaching a high speed in players' sprints.



### Notes

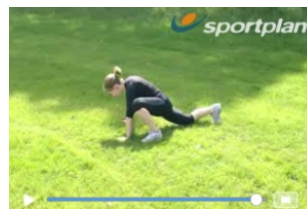
In order to improve speed you have to improve strength endurance and speed endurance. When these two are put together then have to be turned into power and sprint endurance.

Most sprints last between 6 and 15 meters in a match, so look at this distance for your training.

### Hill Climbers no. 2

20 seconds

Only 20 seconds left - keep working hard - no slacking!  
Hill climbers for 20 seconds: In a line get your players walking in a squat position, with long low strides. Keep the back leg straight and hips low. Do this as fast and explosively as possible.



### Coaching Tips

From the press up position bring one foot either under the chest if flexibility is limited or to the outside of the body for added stretch.

Keep back leg almost straight and hips low, don't let bum rise, want a straight line rather than a triangle. Do as fast and explosively as possible.



### Notes

#### Cardio #1

This is one set.



### Notes

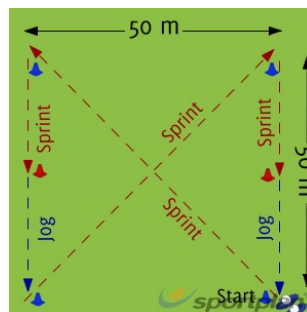
#### Cardio #1

Recovery for 90 seconds then repeat, starting at the opposite end. Repeat 3 times.

## Speed Endurance

### Speed endurance - Squares

Mark out an area approximately 50 meters by 50 meters. Starting in one corner get your players to:  
Sprint diagonally across the square to the opposite corner and halfway along one side (red lines).  
Then they jog the rest of this side of the square (blue lines).  
Now sprint diagonally to the opposite corner and halfway along this side of the square before jogging back to the start position.  
This is one set.



### Coaching Tips

Allow your players to rest for 1 minute by gently jogging. Complete 4-6 sets.



### Notes

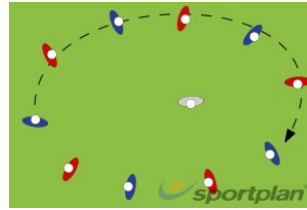
In competitive sports such as hockey there's nothing more discouraging than trying to perform the most basic of skills when your muscles are flooded with lactic acid.

During a multi-sprint games players are frequently required to make explosive runs or sprints consecutively, without rest. Receiving a pass or trying to make a shot in this exhausted state is often the last thing they want.

Lactic tolerance training will help you to recover more quickly from successive bursts of speed and power. It will increase your tolerance to lactic acid and allow you to maintain a high work rate for longer.

## Cool Down

Get your group to form a large circle facing the back of the person in front, with you stood in the center. Make sure the circle is as large as possible to save players from running in a tight circle.  
Start the group slowly jogging in one direction and every 20-30 seconds change the direction - indicate this by blowing the whistle.  
Get them to do all of the drills below in both directions.



### Coaching Tips

This warm up is a good way to get your group to all work at same pace, so no one falls behind and is good for team building as everyone stays together.  
Hockey involves fast changes of direction as well as moving in every direction. It's good to practise moving at speed in multiple directions. This is also good for spatial awareness as players have to stay a constant distance from the others.  
The drills that are incorporated into the warm up are good for re-educating and conditioning the body to move at speed more effectively which is important for hockey being a fast game with a lot of rapid changes of directions.

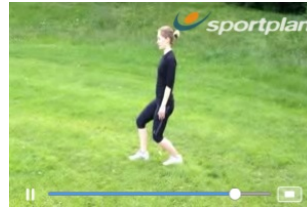
#### 1. Hamstrings:

Hold stretch for 10 seconds. Don't bounce. Put weight through the back leg and support body weight by holding onto that knee. Plant the heel of the front leg and point toes towards the sky. lean forwards.



#### 3. Calves:

Hold stretch for 10 seconds. Don't bounce. Put all the weight on the back leg, keep foot planted on the floor while bending knee as much as possible.



#### 2. Quads:

Hold stretch for 10 seconds. Don't bounce. Keep knees together. Partners can be used for balance. Push hips forward.



#### 4. Hip Flexors:

Hold stretch for 10 seconds. Don't bounce. Stand on one leg and bring your other knee into your chest and hold there against your body with both your hands. Repeat with other leg.



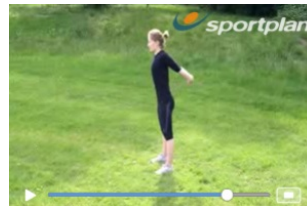
#### 5. Lower Back:

Hold stretch for 10 seconds. Don't bounce.



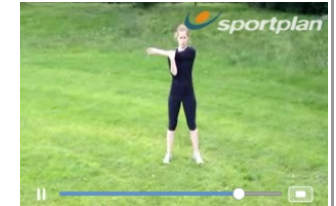
#### 7. Chest:

Hold stretch for 10 seconds. Don't bounce.



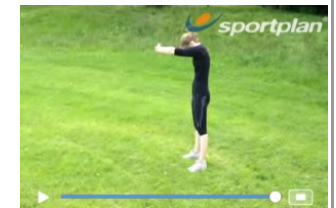
#### 6. Shoulders:

Hold stretch for 10 seconds. Don't bounce.



#### 8. Upper Back:

Hold stretch for 10 seconds. Don't bounce.



**Other Comments:**

"I am building a fire, and everyday I train, I add more fuel. At just the right moment, I light the match." Mia Hamm

**Evaluation:**