

Title: **Bite Size Fitness Session 3**

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|-------|--------------------------------|--------------------------------|----------------|------------------|---|
| Date: | Venue:<br><b>Playing Field</b> | Duration:<br><b>30 Minutes</b> | No of Players: | Ability / Level: | Equipment:<br><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.

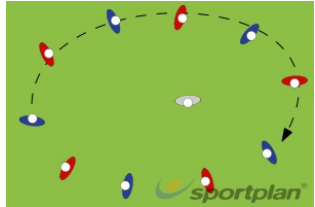
Pre warm up set up the following: Six lines of cones approximately 10m apart.

**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 |
|------|-----------------------------------|-----------------|
|------|-----------------------------------|-----------------|

**Warm Up**

**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.

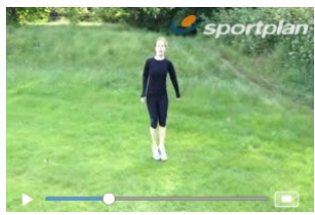
**1. Change in speed:**  
 Over the course of the warm up the speed should be progressively increased. Within the warm up speed can be changed on demand of either a command or a whistle. Go from a jog then short sharp burst. Start and stop the burst with a whistle.



**2. Run backwards:**  
 Running backwards is not only essential within hockey it is also very good at re-balanceing 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.



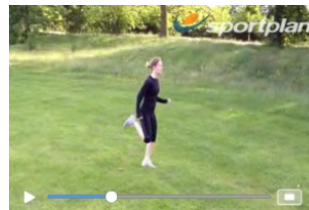
**8. High knees:**

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 height. 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.

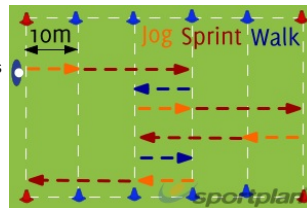


## Speed

### Increasing Speed

15 minutes

All players start on the first line of cones (make sure they are warm before they start this exercise).  
Players jog 10m, Sprint 20m and then walk back 10m. They repeat this pattern until they reach the 50m line where they then turn around and continue the drill in the opposite direction (starting with a jog, sprint and then the walk back). This is one complete set.  
Repeat 4 times.  
Recovery time is the time taken for players to walk back 10m plus a 1 minute break.



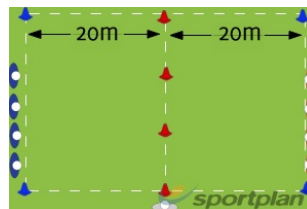
### Coaching Tips

In order to improve speed you have to improve strength endurance and speed endurance. When these two are put together they 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.  
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.

## Cardio

### Explosive Cardio Work

Split your players into two equal groups and get them to stand on lines 40 metres apart facing each other. Players perform all the exercises below and must then finish with a 20m sprint.  
Players can only move onto the next exercise once all players have finished the previous one. The last team to get all their members to the central 20m line have to do 10 extra burpees.



### Coaching Tips

Anaerobic power and anaerobic endurance is high in elite hockey players. Although the majority of the game is spent in low-level activities such as walking and light jogging, repeated back-to-back sprints make speed and tolerance to lactic acid an important characteristic in players.  
Power is required for acceleration, speed and quick changes in direction. Upper body strength allows players to shoot more powerfully and pass over a greater range of distances.

**10 x Squat thrusts:**

Start in the press up position. Bring both feet up under chest into a tuck. The closer the feet move up the chest the better. Then return both feet back to the press up position. Keep hips low.



**10 x Bunny Hop:**

Similar to the Squat jump except instead of trying to get maximum height this time on the jump you try to get maximum distance with each jump.



**10 x Burpees:**

The beginning of exercise is the same as the squat thrust, bring feet together up underneath chest. From there move weight backwards and jump up. Make sure you leave the ground as you jump up and clap your hands above your head.



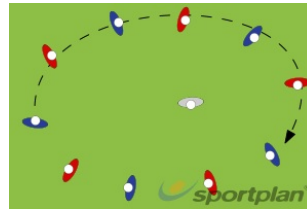
**10 press-ups and a 20m sprint:**

Full press ups, no knees down. A good press up is the opposite of a chest press, pressing the arms up from beside the chest rather than up by the shoulders



**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**

Gradually get your players to slow down and then walk before getting into the final static stretches below. It is important to cool down after a tough fitness session to avoid injuries. Players must hold each stretch for 10 seconds and must not bounce when stretching - just hold the stretch.

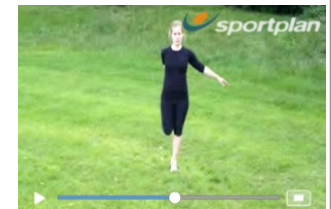
**1. Hamstrings:**

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.



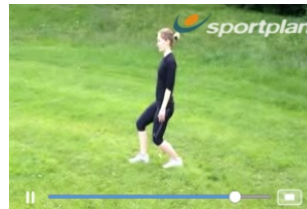
**2. Quads:**

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



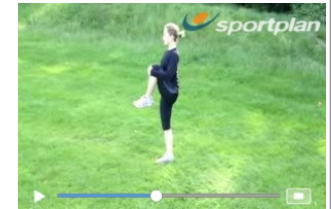
**3. Calves:**

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.



**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.



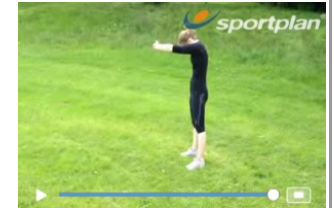
**7. Chest:**  
Hold stretch for 10 seconds. Don't bounce.



**6. Shoulders:**  
Hold stretch for 10 seconds. Don't bounce.



**8. Upper Back:**  
Hold stretch for 10 seconds. Don't bounce.



**Other Comments:**  
"Sports do not build character. They reveal it." Heywood Broun

**Evaluation:**