

Title: **Pre-Season Conditioning - Part 1**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level:	Equipment: Cones, Water Bottles and a Whistle
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Session Goals:
 Hockey players require a blend of strength, power and muscular endurance. So this session starts to build the foundation strength endurance on which power and pure strength can be built. It's objective is to prepare the body by targeting all of the major muscle groups, tendons, ligaments and joints helping to prevent injury.

Personal Coaching Goals:
 10 minute warm up, dynamic stretching and drills, 12 minute for Cardio #1. 18 minutes for Strength, 12 minute for Cardio #2 and finally 5 minutes for Cool down.

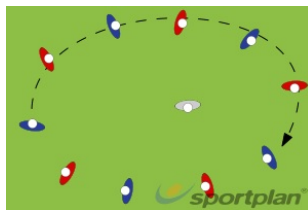
Pre warm up set up the following:
 3 lines of evenly distributed cones at distances of roughly 20m apart over 100m i.e. There will be a line of 3 cones at 0 ms, at 20ms, at 40m, at 60m, at 80m and a final line at 100m.


Time	Task / Activity / Session Content	Coaching Points
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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-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.



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.



11. Feint dodge:

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



6. Fast feet side step facing outside 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.



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.



Dynamic Stretches



Notes

Dynamic stretches to be done in circle.

1. Lunge:

Keep front knee over the front foot. Push hips forward and try to rotate pelvic bone up towards the sky to increase the stretch on the hips.



3. Leg swings - Front and Back:

This can be done in pairs for support.

Try to keep hips square and swing legs forward and back. Bend knee when the leg is at the back, like preparing to kick a ball. Feel in hamstrings when the leg is at the front and quads and hip when the leg is at the back.



5. Sumo twist:

Squat down and push knees out with elbows, stand, turn and face opposite direction. Try to keep the chest high rather than leaning forward.



7. Windmill arms:

Standing tall make big circle with arms going in opposite directions.



Notes

Keep the movement continuous, don't stop and hold.

2. Sideways lunge:

Take a step to side, put weight on one leg and bring the toe up of the other. Toe pointing to the sky.



4. Leg swings - Side to side:

Can be done in a pair for support the easiest position is facing each other with arms out in front holding each others elbows.

Swing the legs in front of the body trying to keep the leg in the frontal plane (parallel with the body).



6. Body rotation:

Standing up with arms on hips. Start by making small hip rotations then larger, keep feet planted. As you lean forward feel the stretch on hamstrings.



8. Front and back clap:

Clap hands together in front of body while pushing hands up and then around the back clap hands together.



Cardio #1

Moving swiftly on... Cardio Circuit

Get your group to stand behind the start line. On your whistle players perform:

1. Hill climbers for 30 seconds in a line on the spot (see hill climber video below)
2. Sprint for 40m stopping at the second line of cones. Drive the knees high and work the arms
3. Walking lunge for 20m (continuing in the same direction), no recovery
4. Sprint for 40m (change direction and go back the way they just came)
5. Walking lunge for 20m
6. Hill climbers on the spot for 30 seconds before a final Recovery walk. Walk 10m out and 10m back again. Players are now back on the start line

Repeat 3 times.



Notes

While a hockey game is intermittent in nature, players must perform continuously for 70 minutes with just one short halftime. This places a high demand on their aerobic system and good aerobic endurance is required to support repetitive bouts of high intensity exercise.

This exercise will start to make your players breath hard and so will be working the areobic system at the beginning and increasing their lactic threshold at the end of each set which is important in hockey to be able to recovery quickly to sprint again in a game.

The lunge is designed so that they don't have a recovery between reps within the set.

Hill climbers:

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.



Walking lunge:

Encompasses the lunge into a walk. Keep front knee over the front foot. Push hips forward and try to rotate pelvic bone up towards the sky to increase the stretch on the hips.



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.



2. Squat Jumps:

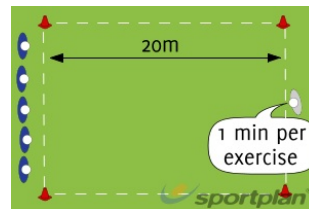
This exercise starts with a deep squat. Explode off the floor into a jump trying to get a maximum height not distance. The up phase is the fast, power phase and the down phase is the slower recovery. It is not a race to complete each repetition the aim is to get maximum height.



Strength

Strength Endurance Circuit

Players perform each exercise for 1 minute and their recovery time is the 20m jog to the cone and back after all four exercises have been completed. Players only have 2 minutes to complete their jog though so make sure they jog fast enough!
Repeat x 3 (Each circuit should take 6 minutes)



Notes

High levels of strength are a prerequisite for superior speed, power, strength endurance and overall hockey performance.
Upper body and core strength are important to increase the power of the hit and push as well as being able to maintain position with less fatigue.
The reason for doing 1 minute of each practice is to keep a strength endurance element. Players will have to breath hard to keep the movement going.

1. Deep Squats:

Stand with feet hip's width apart with toes facing slightly out. Squat down as if sitting on a seat. Push bum out. Get as low as possible. Should get to 90 degrees. Can use their arms for balance. When they stand up push hips through at the top to complete the movement.



3. The Plank:

Tummy facing the ground, tummy and bum tight. Don't let head drop try to keep a straight line from base of head to coccyx.



2. Press Ups:

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



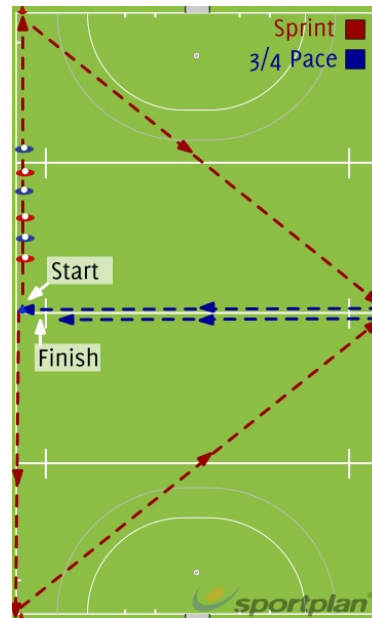
4. Back Extension:

Lie on tummy with arms by side with palms up. As you rotate palms to face down lift chest off the ground. As arms go back to starting position gently lower your torso back to the ground.



Interval

Interval Training - Running Laps



Notes

1.5 laps = 1 circuit.
Player must complete 4 circuits with a minute and a half resting period between each circuit.

Cardio #2

Explosive exercises and a sprint finish!

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.



Notes

Anaerobic power and anaerobic endurance are high in elite hockey players. Although the majority of the game is spent in low-level activity 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.



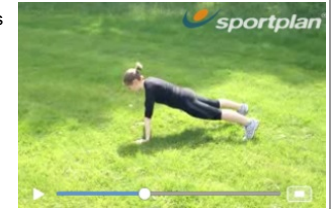
10 x Burpees:

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

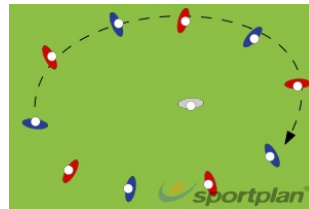


Cool Down

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.



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.

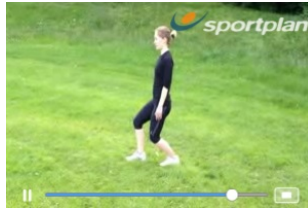
1. Hamstrings:

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.



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.



5. Lower Back:

Hold stretch for 10 seconds. Don't bounce.



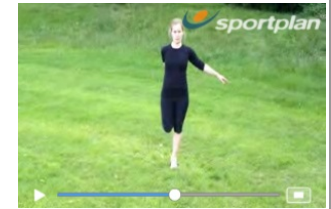
7. Chest:

Hold stretch for 10 seconds. Don't bounce.



2. Quads:

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



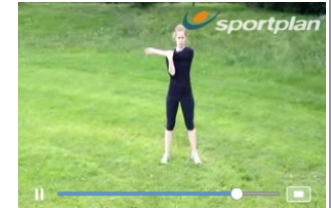
4. Hip flexors:

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.



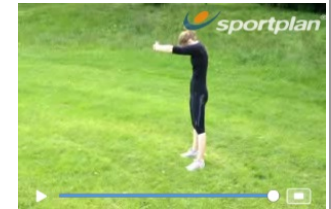
6. Shoulders:

Hold stretch for 10 seconds. Don't bounce.



8. Upper Back:

Hold stretch for 10 seconds. Don't bounce.



Other Comments:

"Victory isn't defined by wins or losses. It is defined by effort. If you can truthfully say, 'I did the best I could, I gave everything I had,' then you're a winner." Wolfgang Schadler

Evaluation: