

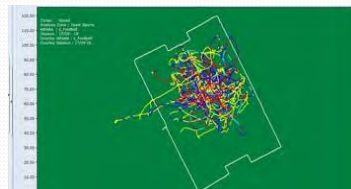
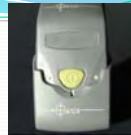
Hockey Conditioning



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Physical Demands – GPS Sport System

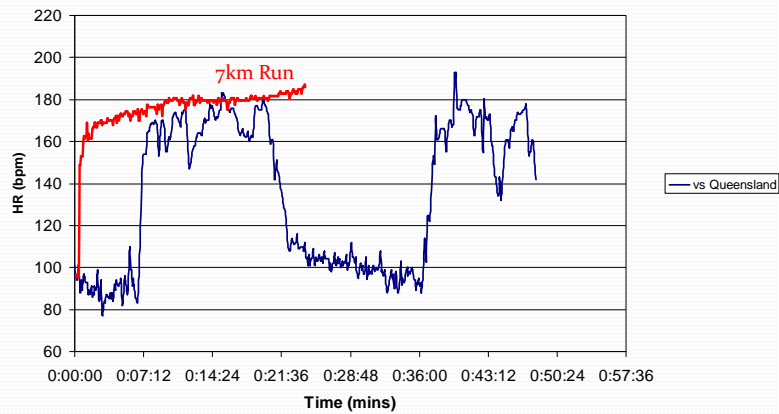
- Analyses
 - Speed
 - Average
 - Maximal
 - Distance
 - Total km covered
 - Heart rate



Physical Demands – Men's Black Sticks

	Full Back	Half	CH	Inner	Striker
Total Dist Covered	7.8 km	8.6 km	8.3 km	8.9 km	8.8 km
Short Sprints # (1-2s)	10	12	17	13	19
Medium Sprints # (3-4s)	4	5.5	6	6	7
Long Sprints # (5s+)	1.3	2.4	3	2	3
Total Sprints #	15	20	26	21	29

HR Response During An Indoor Hockey Game



What are the Fitness Requirements

- Speed Endurance
- Acceleration/Power – Cutting & Braking
- Endurance
- Flexibility
- Strength/Core
- Pre hab - Injury Prevention



Fitness Standards



- | | |
|---|---|
| <ul style="list-style-type: none"> • Men Black Sticks • Aerobic (Beep Test) <ul style="list-style-type: none"> • Level 14 to 16.10 • (Pred VO_2 max = 60-68 ml/kg/min) • Speed <ul style="list-style-type: none"> • 10 m = 1.66 to 1.84 s • ‘Speed Endurance’ <ul style="list-style-type: none"> • 8 reps of a 20-20 shuttle • Best time ranged from 6.75s to 7.13s • Total time from 58.29s to 61.58s | <ul style="list-style-type: none"> • Women Black Sticks • Aerobic (Beep Test) <ul style="list-style-type: none"> • Level 11 to 14 • (Pred VO_2 max = 50-60 ml/kg/min) • Speed <ul style="list-style-type: none"> • 10 m = 1.78 to 1.98 s • ‘Speed Endurance’ |
|---|---|

Planning your Fitness – Off Season

- **Dec –March**

- **Endurance (x2)**
 - continuous 35-45 run at moderate-high intensity
 - undulating run, using hills or beach runs
 - time trial of 4-5km, try ↓ the time it takes to run
 - long intervals - golf course jog two holes sprint next hole



Planning your Fitness – Off Season

- **Dec –March**

- **Acceleration/Power (x1)**
 - Technique
 - Sprints – Straight and curved
 - 20-50 m
 - 3 sets
 - 6-8 reps
 - 10x the rest between reps
 - Power
 - Bounding over 20m, 6 reps, 2 sets
 - Zig Zag bounding over 10m, 5reps, 2 sets
 - Broad jump for distance 6 reps, 2 sets



Planning your Fitness – Off Season

- **Dec –March**

- **Summer Sport (x2)**
- **Skill (every 10 days)**
- **Flexibility (x2)**
 - Incorporate into warm up
 - Dynamic stretching for acceleration
 - Leg swings, walking lunges, grape vine,
 - Static to ↑ ROM
 - 15-30 s to mild intensity
 - 3 sets



Planning your Fitness – In Season

- **Apr - Sept**
 - Practice (x2)
 - Game (x1-2)
 - Skill (x1)
 - Speed Endurance (x2)
 - Shuttles 5, 10, 20m
 - With ball and stick
 - Repeated zoom
 - 6-8 reps, 3 sets
 - Rest 30-40s
 - Pyramid
 - 20, 40, 60, 80, 60, 40, 20 m
 - 6 reps, 2 sets



Planning your Fitness – In Season

- **Apr - Sept**
 - Acceleration/Power (x1)
 - Sprints – Ball and stick, leading
 - 5-30 m
 - 3 sets
 - 8-12 reps
 - Vary the rest periods from
 - 6 to 10x the rest
 - Power – Dodging with ball & stick
 - Decelerating
 - Long range hitting
 - Lateral explosive movements
 - Diving



• Rest/Recovery

- Physical
 - Nutrition
 - Massage
 - Compression Garments
 - Stretching
 - Pool / Hydrotherapy
 - Vibration Therapy
- Mental
 - Meditation
 - Relaxation – music, dvd's



Goal Setting

- Why set goals?
 - **Poor Goal** – As a striker I want to be faster at breaking into space
 - **Good Goal** – I want to be quicker over 10m by 0.5s by April 2009
 - S = Specific
 - M = Measureable
 - A = Adjustable
 - R = Realistic
 - T = Time referenced



Recording your sessions

- Training Dairy
- Log book for sets plays & drills
- Physical Training
- Mental Training

DAILY LOG	
Date:	Time: Resting heart rate: bpm
Goals for today:	
Sleep: hrs. of hours	Quality: 1 2 3 4 5 sound average
Physical (Circle appropriate energy system)	
Aerobic	Anaerobic: Lactic / Phosphocreatine
Duration (min):	Interval length/time:
Intensity: 1 2 3 4 5 very low moderate very difficult	Rest length/time:
	Number of reps:
	Intensity (% of effort):
Other:	
Assessment: (Circle number)	Excellent session 1 2 3 4 5 Very poor session
Why?: Energy	Energized 1 2 3 4 5 Drained
Attitude	Positive 1 2 3 4 5 Negative
Mental (SIT method (Circle one)) Skill mix: R/L/Upper/lower/leg/arm	
Duration (min):	Type/content:
Assessment: (Circle number)	Excellent session 1 2 3 4 5 Very poor session
Why?: Energy	Energized 1 2 3 4 5 Flat
Attitude	Positive 1 2 3 4 5 Negative
Technical Skill #1 Skill #2 Skill #3	
Assessment: (Circle number)	Excellent session 1 2 3 4 5 Very poor session
Why?: (Circle one)	Positive, Mixed, Other
Explain	
Nutrition No. of servings	
Protein	Carbohydrate Fat Protein
General (Happen distractions/injuries/illness/medications)	
Comments	

Planning your Fitness – Weekly Cycle

Phase: In Season

Time	Sun	Mon	Tues	Weds	Thu	Fri	Sat
AM	Speed Endur		Speed Endur		Accel/ Power	R E S T	Game
PM		Practice	Skill	Practice			

Training for Success



- Attitude is Everything!
- It's not what you do, but how you do it that matters.
- The benefits of training must be transferable to the turf
- Understand your body & maximise your potential