



info@daveliow.com  
www.daveliow.com

## Sunshine Coast Hockey Coach Training

### Conditioning Facts

#### Women

- Players cover 6.6 km (range: 3.4-9.5 km) over the course of the match.
- Midfielders spent more time and covered greater distances in high-intensity running than strikers and defenders.

#### Men

- Strikers covered an average of 8.2 km
- $479 \pm 108\text{m}$  (6.1%) was performed at speeds greater than 19km.h<sup>-1</sup>.
- $34 \pm 12$  sprints per player with an average duration of 3.3s.
- Average match HR was  $85.3 \pm 2.9\%$  HR<sub>max</sub> and average peak HR was  $96.3 \pm 2.7\%$  HR<sub>max</sub>.
  
- Australia 2002 – hockey injury rate 2<sup>nd</sup> highest of all team sports (after AFL)
- Ankle and knee sprain/strain injuries were most common (apart from impact injuries)
- Highest injury rates in forwards

# Conditioning

## *Warm ups*

1. Warm up games
  - a. Catches
  - b. Piggy in the middle
  - c. Reaction ball
  - d. One bounce
  - e. Follow the leader
  
2. Dynamic flexibility
  - a. Glutes
  - b. Hamstrings
  - c. Calves
  - d. Groin
  - e. Trunk
  
3. Speed warm up drills
  - a. March
  - b. Ankling
  - c. Arm drives
  - d. Charlie Chaplin
  - e. Ladders (can also be used for conditioning)
  - f. Warm up sets specific to drills eg. Warm up sprints

*Speed principles*

1. Power position
2. First step in the right direction
3. Feet underneath you
4. Quick steps to accelerate

## Reaction and start speed drills

1. Competition sprints
2. add stick and ball
3. add in direction changes
4. Move to space drill
5. Ladder to accelerate
  - a. Chase drills
6. Break aways
7. Chase relays
8. Read play drills – your design

## **Power/Strength Conditioning + Recovery Work**

### **Plyometric work (Speed/Power)**

- Stability – landing technique
  - Be aware of your injuries – particularly overuse injuries
  - Start of session once warm
  - Maximum 10 contacts/set
  - Start 8 sets – build up to 15 sets
1. Two foot jumps
  2. Skipping
  3. Laterals
  4. Diagonals
  5. Tuck jumps
  6. Hopping
  7. Bounding

### **Key Strength Conditioning Exercises**

- Do near end of session
  - Start 10 reps building up to 20 reps
  - Start 6 sets total building up to 12 sets
  - 2 sets each exercise building up to 4 sets
1. Step and reach
  2. Step half circle
  3. Ice skater
  4. Touchdowns
  5. 3 part lunge drill
  6. Toe tap drill

## Core strength

- At end of session
- 1. Planks and side bridges
  - Watch positioning
  - 30s→90s
- 2. Horse stance
  - Levels
  - 10→20
- 3. Lower abs
  - Levels
  - 2→3 x 20

## Recovery Work

*Within 5 minutes of finishing trainings/games:*

- Drink fluids
- Eat carbohydrates and protein
- Warm down – light jog walk for 5-10 minutes then stretch

*Within 10 minutes of finishing trainings/games:*

- Keep drinking fluids
- Keep stretching
- Use hot/cold therapy  
Ice buckets ~ 10°C submerge: 3 x (30-60 seconds in / 2 minutes out)  
OR  
Contrast showers: 3 x (30-60 seconds cold / 2-3 minutes hot)  
Always finish on cold

*Within 60 minutes of finishing trainings/games:*

- Keep drinking fluids – you should have drunk 500-1000 ml by now
- Continue to eat – you should have eaten 1-2g CHO per kg of bodyweight and 10-30g of protein by now.
- Ask yourself - *what did I learn from this training/game?*

### *Evenings:*

- Work on stretching and self-massage to stretch out tight muscles
- Massage/self-massage 2-6 hours after trainings can improve recovery
- Ice any injuries (10 minutes ice/10 minutes light stretching movement/10 minutes ice every 2 hours) – don't stop doing this till swelling and pain is gone. We've found velcro ice pack wraps to be an essential piece of kit.
- Relaxation work – meditation, yoga, music, reading.
- Have some fun – change the mood
- Go to sleep no later than 10.30 pm.
- Use compression garments – Try and keep these on for at least 4hrs but preferably 12 hours after exercise. We recommend Skins or 2XU
- Light pool work can be useful: 10 min spa, hydrate, stretch 10 min, 2-5 min floating

### *The day after:*

- Pool session: Repeat this sequence twice:
  - Walk in waist high water 3 min, 2 min stretch
  - 5 min moving joints through full range, 2 min walk
  - 2 min walk, 5 minute stretch.

A light recovery walk or jog (25-35 minutes) at a low intensity ie. Below 65% of maximum heart rate.

## Anaerobic / hard aerobic conditioning

*You don't plough your fields with a race horse...*

- Recovery <75% intensity
- Tempo runs 5-10 minute intervals eg. Long intervals , out-and-backs, 90%
- 2-5 min intervals 95%
- 1-2 min intervals 100%
- Tabata Intervals 40/20

Use competition and time to increase intensity

Use straight line and also multi-directional shuttles in training

## Stretching

*Static stretches*

- Dulls down the nervous system
- Useful to do after games/training
  
- Rectus femoris (quad) stretch
  - Grab foot
  - Knees together
  - Tuck hips under
  - Crank it on
  - C-R: kick foot in to hand
  
- Soleus (short calf) stretch
  - Preferably no shoes
  - Hips square to wall
  - Front foot at perfect right angles to the wall
  - Use body weight to push front knee over foot
  - Maintain arch of foot
  - Maintain hip / knee / toe alignment
  - C-R: Push front ball of foot into ground

- Gastrocnemius (long calf) stretch
  - Preferably no shoes
  - Back leg straight
  - Foot at perfect right angles to the wall
  - Maintain arch of foot
  - C-R: Push back ball of foot into ground
- Hamstring stretch
  - How to recognise a tight hamstring:
    - Keep hips square
    - Maintain curve in lower back
    - C-R: Depends what version you're doing
- Glute stretch and piriformis stretch
  - How to recognise tight glutes:
    - 90/90 stretch – position of knees
    - Keep trunk tall
    - Work different angles
    - C-R: Push foot/shin into ground
- Lunge stretch (Glutes / hip flexors / hamstring)
  - You may want a support for this one
  - On all fours
  - Swing one leg forwards
  - Slide back leg back
  - Keep hips down and attempt to straighten back leg
  - Make your body long
  - C-R: Scissor legs
- Seated side bend (A lot of muscles – QL, ES, Obliques, lats)
  - Wide stance
  - Side bend – then add arm
  - Work top shoulder around then down
- Downward dog
  - Classic yoga pose
  - Push hands
  - Tilt hips
- Squat stretch (A lot of muscles)
  - S\*\*t in the woods position
  - Shift weight
  - Extend spine