

FOLLOWING A PLAN MATTERS



QUICK STORY



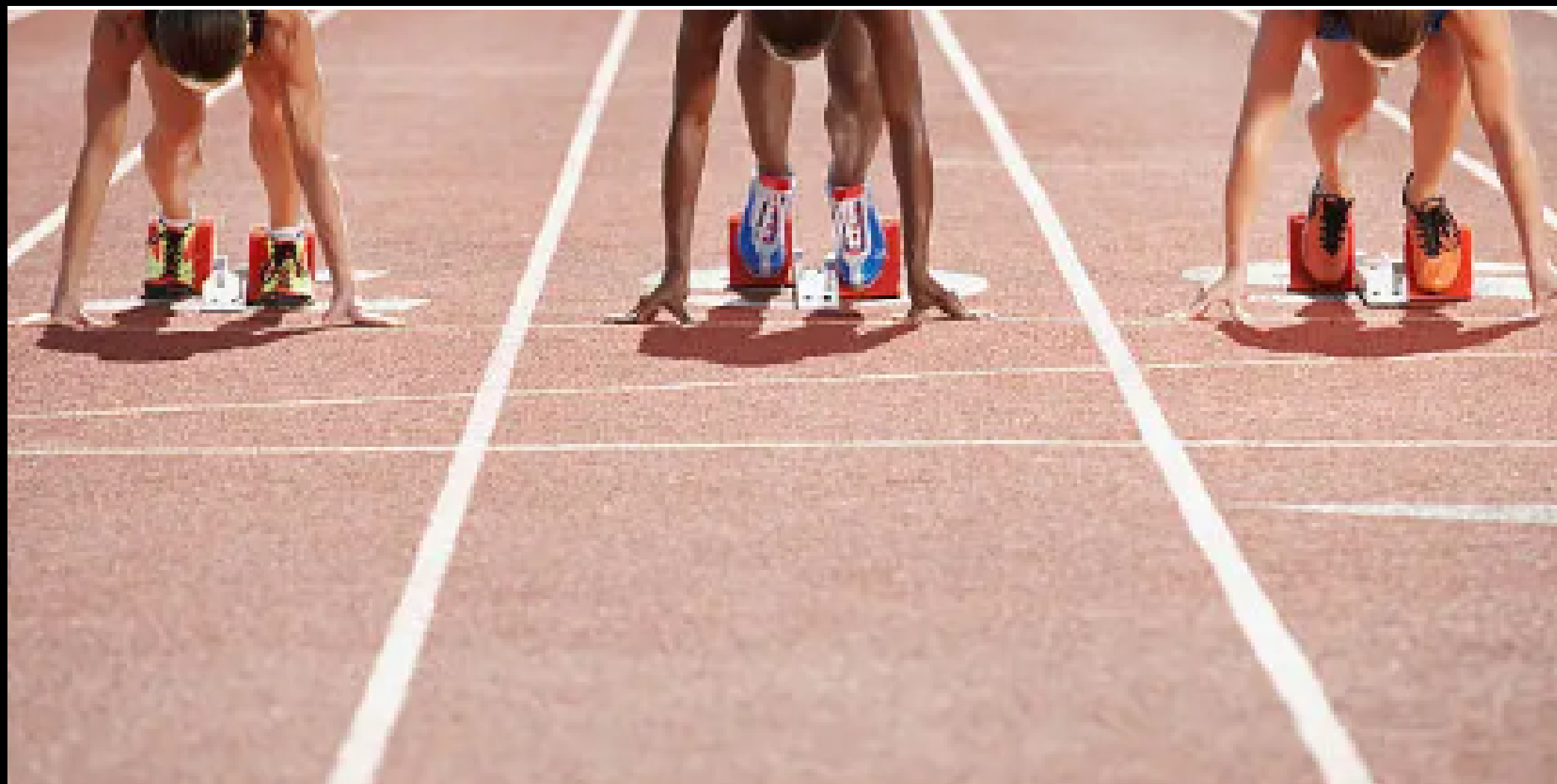
DON'T MAKE THE SAME MISTAKE



WHERE ARE YOU GOING?



GOAL VS PLAN



WHAT THIS PRESENTATION IS ABOUT



TRAINING AGE
VS
CHRONOLOGICAL AGE
&
BIOLOGICAL AGE

KNOW WHERE YOU'RE AT

$$\lim_{x \rightarrow 0} \left(\frac{1}{x} \right) \ln \left(\frac{e^x + e^{2x} + e^{3x} + \dots + e^{nx}}{n} \right) = 9$$

$$n = ?$$

$$3n + 2 = 17$$

BUILDING THE BASE



OFF-SEASON PROGRAM

- Isometric Strength (base)
- Core Strength (base)
- Proprioception (base)
- Strength (phase 1)
- Power (phase 2)
- Acceleration (phase 3)
- Speed (phase 3)
- Conditioning (mixed in)
- Number 1 Focus is Injury Prevention

FOCUS ON MOVEMENTS NOT MUSCLES

Upper Body

- Horizontal Push
- Horizontal Pull
- Vertical Push
- Vertical Pull

Lower Body

- Pull (hip dominant)
- Push (knee dominant)

Core

- Anterior (front)
- Posterior (back)
- Lateral/Rotational

WHAT'S IMPORTANT?



WHICH SQUAT IS BETTER FOR HOCKEY PLAYERS?



WINNER!

The one on the left closely resembles the deep skating position needed to be fast on the ice.



ISOMETRIC STRENGTH



ISOMETRIC STRENGTH



CORE STRENGTH



CORE STRENGTH



CORE STRENGTH



PROPRIOCEPTION



POWER



POWER



STRENGTH



STRENGTH



ACCELERATION



ACCELERATION



STOP RUNNING FOR CONDITIONING

13-14 Girls

Event	Performance	Name	Home City	Performance Location	Date
100m	11.61	Sanya Richards	Pembroke Pines, FL	Omaha, NE	08/01/99
200m	23.41	Kaylin Whitney	FL	Baltimore, MD	07/28/12
400m	53.40	Brandi Cross	Houston, TX	Omaha, NE	07/28/02
800m	2:08.17	Raevyn Rogers	Houston, TX	Greensboro, NC	08/01/09
1500m	4:28.61	Jordan Hassay	Arroyo Grande, CA	Indianapolis, IN	07/29/05
3000m	9:35.12	Jordan Hassay	Arroyo Grande, CA	Indianapolis, IN	07/30/05

WHY RUNNING MAKES YOU SLOW



INTERVAL TRAINING



SAMPLE DAY

Wall Drill (Extension & Flexion) 3x5e

Seated Squat Jump 3x5

1/2 Kneeling Lateral Bound 3x5e

1/2 Kneeling Starts 3x3e (5m distance)

1a. DB Goblet Squat 3x12

1b. Front Plank 3x20s

2a. DB SA Lateral Lunge 3x12e

2b. Anti-Rotational Press & Hold 3x20s EA

3a. DB SA RDL 3x12e

3b. Bear Crawl Hold 3x20s

NUTRITION



CARBOHYDRATES

How Much?

- Hockey players should be consuming 8-10g/kg of body weight (BW)/day.
- Consume 0.5-0.7g/kg of BW of simple CHO's 1 hour before and after exercise.
- Consume 0.25-0.5g/kg of BW of simple CHO during prolonged (>90mins) of exercise



1 cup of
cooked rice = 45g of
CHO

PROTEIN

How Much?

1 fried egg = 7g of
PRO



- Hockey players should consume 1.2-2.2g/kg of BW of PRO (protein)
- Spread protein intake throughout meals and snacks.
- Consumption of 20-40g is emphasized post-exercise to maximize nutrient absorption.

FAT

How Much?

- Consume at least 1.0g/kg of BW/Day
- Aim to consume mostly mono & polyunsaturated fats,
- Eating a sufficient amount of fat with meals and snacks will help you stay full longer- produces hormones to signal the body it is satisfied and has had enough to eat.



1/2 avocado = 15g of
FAT

HYDRATION



- Sip fluids every 15-20 minutes throughout the day
- Carry a reusable water bottle
- Add lemon, lime, or fruit slices to your water
- Check your urine level- pale yellow means you're hydrated.

GET THE CALORIES

- Athletes under 20 are still growing
- Organs are still developing
- The skeletal system is still developing
- Risk of suppressed immune system
- Negative effect on performance
- Potential long-term physical & psychological health
- Eat every 3-4 hours

SUPPLEMENTS

- Only a few supplements have been proven to work, caffeine, creatine, sodium bicarbonate, beta-alanine, and nitrate (ACSM 2016)
- Exhaust whole nutrition, good training, and recovery before looking at supplements
- Look for the following on your supplement bottles



SUMMARY

- Train for your age
- Build a strong base
- Focus on movements, not muscles
- The game is all about speed
- Don't run for conditioning
- Get your carbohydrates - 8-10g/kg BW per day
- Get your protein - 1.8-2.5g/kg BW per day
- Get your fat - 1-1.5g/kg BW per day
- Sleep 8-10hrs per night (asleep by 10 pm)
- Figure out how many calories you are burning
- Add 300 additional calories each day
- 2-4L of water each day (add salt to diet if you sweat lots)

QUESTIONS

