



PRACTICE SCHEDULE FOR TERM 1- Boys and Girls

| Date | Time | Venue | Session | Comments |
|---|---|-----------------------------------|--------------------------------------|-----------------------|
| "The will to win is important, but the will to prepare is vital" Joe Paterno | | | | |
| Sunday 15 Jan | 09:00 – 11:00 G 10:00 – 11:00B 11:00 – 14:00B | Astro Lee's Classroom Astro | Introduction Fitness Testing | Pen Running Shoes |
| Monday 16 Jan | 09:00 – 12:00B | Astro | Skills Test & Video Session | Hockey Kit |
| Friday 20 Jan | 14:15 - 16:00 G 16:00 -17:30 B | Astro | 6-a-side matches(Recorded) | Hockey Kit |
| Sunday 22 Jan | 09:00 – 10:30 G 10:00 – 12:00 B 12:00 – 13:00 B | Astro Lee's Classroom Astro | Video Analysis | Hockey Kit |
| Friday 27 Jan | MATCHES FOR BOTH SIDES AT YORK ASTRO | | | |
| Friday 10 Feb | 14:15 – 16:00G 16:00 – 17:30B | Astro | Practice & Mini Fitness | Hockey Kit |
| Friday 17 Feb | MATCHES FOR BOTH SIDES AT YORK ASTRO | | | |
| Sunday 19 Feb | 09:00 – 10:30G 10:30 – 12:00B | Astro | Drills & Skills & Set Pieces etc. | Kit |
| Friday 24 Feb | MATCHES FOR BOTH SIDES AT YORK ASTRO | | | |
| Sunday 26 Feb | 09:00 – 10:30G 10:30 – 12:00B | Astro | Drills & Skills & Set Pieces etc. | Hockey Kit |
| Friday 2 Mar | 14:15 – 16:00G 16:00 – 17:30B | Astro | 6-a-side matches(Recorded) | Hockey Kit |
| Sunday 4 Mar | 09:00 -10:30G 10:30 – 13:00B | Astro | Fitness Testing | Running Shoes |
| Friday 9 Mar | 14:15 – 16:00G 16:00 – 17:30B | Astro | Drills & Skills & Set Pieces etc. | Hockey Kit |
| Sunday 11 Mar | 09:00 – 10:30G 10:30- 12:00B | Astro | SESSION (PETER OWEN) | Sports Kit |
| Tuesday 20 Mar | 10:00 - 12:00G 12:00 – 14:00B | Astro | Practice Session | Hockey Kit |
| Wednesday 21 Mar | 09:00 – 12:00G 09:00 – 11:00B | Astro Lee's Classroom | Practice Session Surprise | Hockey Kit Civvies |
| Thursday 22 Mar | LEAVE FOR ESPANYOL | | | |

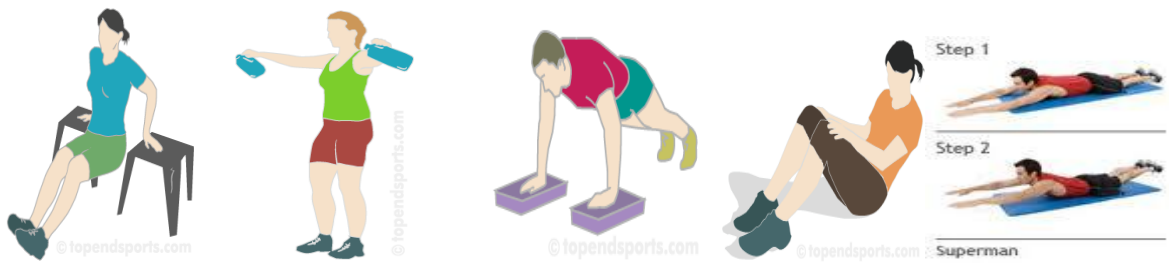
B = Boys and G= Girls

Spain Tour Holiday Fitness & Basic Skills Program

Components To Be Tested on:

| Upper Body | Comments | Sets | Minimum |
|----------------------------|---------------|------|---------|
| Chair Dips | Max/min | 2 | 40 |
| Push Ups | Max/min | 2 | 45 |
| Lateral Raises | Max/min | 2 | 50 |
| Pull Ups | Max/min | 2 | 20 |
| Core Exercises | Comments | Sets | Minimum |
| Sit Ups | Max/min | 2 | 50 |
| Full Bridge | No Time Limit | 2 | 1 min |
| Side Bridge | No Time Limit | 2 | 1 min |
| Back extension chest raise | No Time Limit | 2 | 1 min |
| Superman | No Time Limit | 2 | 1 min |
| Lower Body | Comments | Sets | Minimum |
| Wall Squats | No Time Limit | 2 | 1 min |
| Step Ups | Max/min | 2 | 50 |
| Lunges | Max/min | 2 | 20 |

Above Exercises in Pictures



Chair Dips

Lateral Raises

Push Ups

Sit Ups



Wall Squats



Lunges



Step Ups



Side Bridges

Physical Fitness Exercises

Components to be tested on:

Acceleration— sprint starts from a stationary position over short distances i.e 20m – 100m sprints

Fartlek— over longer distances i.e Sprint,Jog,Sprint 800m – 1.5 km

Plyometrics — bounding exercises from a stationary position i.e both feet off ground.

Resisted Training — Hill sprints at full speed

Overspeed Training— running down a slope for higher speed than your natural speed

Stamina – Beach runs over medium distances between 1km – 2km

Endurance – Running over distances of over 3km at average speed i.e Bleep Test

Normative data for Males (values in ml/kg/min)for the Bleep Test

VO2 Max = is the maximum amount of oxygen in millilitres, one can use in one minute per kilogram of body weight. Those who are fit have higher VO2max values.

| Age | Very Poor | Poor | Fair | Average | Good | Excellent |
|-------|-----------|-------------|-------------|-------------|-------------|-----------|
| 13-19 | <35.0 | 35.0 - 38.3 | 38.4 - 45.1 | 45.2 - 50.9 | 51.0 - 55.9 | >55.9 |

| Level | Shuttle | VO2 Max | Level | Shuttle | VO2 Max |
|-------|---------|---------|-------|---------|---------|
| 10 | 2 | 47.4 | 11 | 2 | 50.8 |
| 10 | 4 | 48.0 | 11 | 4 | 51.4 |
| 10 | 6 | 48.7 | 11 | 6 | 51.9 |
| 10 | 8 | 49.3 | 11 | 8 | 52.5 |
| 10 | 11 | 50.2 | 11 | 10 | 53.1 |
| | | | 11 | 12 | 53.7 |

| Level | Shuttle | VO2 Max | Level | Shuttle | VO2 Max |
|-------|---------|---------|-------|---------|---------|
| 12 | 2 | 54.3 | 13 | 2 | 57.6 |
| 12 | 4 | 54.8 | 13 | 4 | 58.2 |
| 12 | 6 | 55.4 | 13 | 6 | 58.7 |
| 12 | 8 | 56.0 | 13 | 8 | 59.3 |
| 12 | 10 | 56.5 | 13 | 10 | 59.8 |
| 12 | 12 | 57.1 | 13 | 13 | 60.6 |

Everyone should strive to reach at least Level 10 in the 1st test.

Agility and Flexibility Exercises

Components

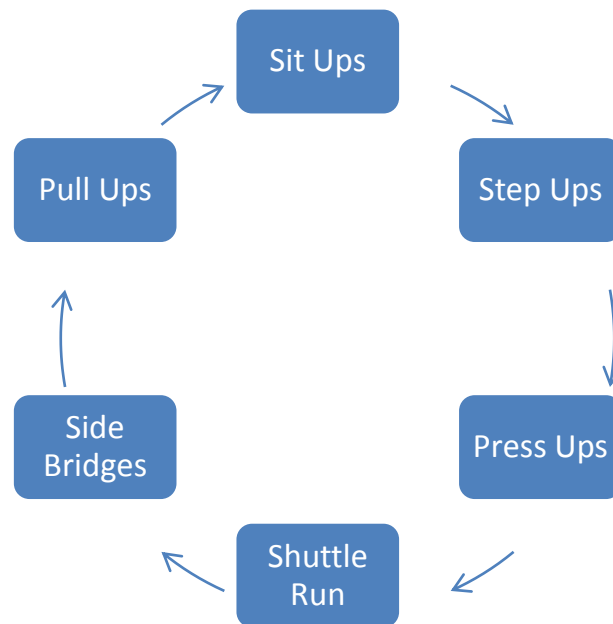
- Agility Ladders: improving foot speed and co-ordination
- Agility Hurdles: build power and speed
- Forward, Backward and Zig Zag Sprints: explosive change of direction
- Skipping :co-ordination
- Box Jumps :balance
- Tuck Jumps: Bend your knees and powerfully jump straight up bringing your knees toward your chest while in mid-air. Repeat upon landing

**"I can accept failure, everyone fails at something. But I can't accept not trying."
Michael Jordan**

Notes for the Fitness Circuit

- Warm up for 10mins before doing the circuit
- Warm down for 10mins after the circuit
- You can add more stages to the circuit(see options above on pg's 1 and 2)
- 30 seconds rest in between stages
- Monitor own progress and always aim to improve on previous scores.

Basic 6 Exercise Circuit



Basic Drills and Skills To Do At Home

- 1. Yard Sticks:** Pulling the ball from left to right between 2 cones which are a yard or meter apart
- 2. Indian Dribble:** Dribbling the ball through cones with control of the ball
- 3. Tapping:** Tapping the ball on the stick(eye level),more advanced by passing to a partner keeping the ball off the ground.
- 4. Pushing and Stopping:** between 2 or more people,you can also use a tennis ball to push against a wall which helps with control and stopping a bouncy pass.
- 5. Target Practice:** 2 meters from target then advance by moving back and use either push, bunt, hit then advance to use reverse stick.

A few Links for your interest

- <http://www.youtube.com/user/AustinSmithHockey>
 - www.youtube.com/watch?v=MsjqPqY1jtl
 - www.youtube.com/watch?v=QkYZGvTF6m8

**"Every battle is won BEFORE it is fought" Sun Tzu
That statement pretty much sums up
my approach to coaching.
The key to hockey success is PREPARATION.**