

Burnsville Youth Hockey Strength and Conditioning

Coaching Education Program: Dry land

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Introduction/Agenda:

1. Welcome
2. Overview
3. Exercise demonstrations
4. Do it and feel it yourself- Circuits
5. Q & A

Overview

In a game of hockey, what are hockey player's physical requirements in order to be efficient?

1. Movement: forward/backward? Sideways? Rotate?
2. Stability?/ Balance?
3. Strength?
4. Power?
5. Agility?
6. Speed?
7. Flexibility?
8. Endurance?
9. Quickness?

So, in order for us to train our athletes in a safe and effective matter, we need to address those areas in order to improve his/her performance on the ice through dry land training.

This means:

- a. We need to train the athlete in all 3 planes of movement.
- b. We need to make sure that the athlete has good balance and has the ability to dynamically stabilize the entire Kinetic chain and reduce force and produce force in all 3 planes of motion.
- c. We need to improve athlete overall functional strength.
- d. We need to improve the athlete's power production (ability to exert maximal force in the shortest amount of time.)
- e. We need to improve athlete's agility (ability decelerate, stabilize, accelerate, and change direction without loss of proper posture, speed, strength, balance or body control)
- f. We need to improve athlete's speed. (mainly take-off and deceleration)
- g. We need to improve athlete's flexibility (normal extensibility of all soft tissues that allow full range of motion in the joint.)
- h. We need to improve athlete's overall endurance for the sake of recovery between the shifts and games.
- i. We need to improve athlete's quickness (reaction time).

Balance + Strength = Power

Most of all make it safe #1 and fun for the kids

Add relay races

Games

Challenge their body awareness (can you do...)

Develop overall athleticism

Combine skills with games and races

Combine balance, strength and power with games and races

Combine agility, quickness and speed with races

Combine endurance with races.

Combine above with circuits.

Be creative and enjoy.

Warm up activities with dynamic flexibility training: Why Dynamic Flexibility before activity instead of static flexibility. Static stretching decreases motor unit recruitment, motor unit synchronization and rate force production.

Game of keep away and passing (i.e. with stick and stick handling ball, soccer ball, football etc). Proceed to... (Pick 10 exercises from below)

5-10 reps each with body control.

1. High knee walk
2. Skipping
3. Carioca
4. Side shuffle
5. High knee jog
6. Butt kick jog
7. Partner shadowing
8. Backwards to forward acceleration
9. FWD lunge and twist
10. Hamstring worm
11. Leg kicks
12. Knee hug steps
13. Arm circles and swings
14. FWD lunge with side bends
15. Skater Hip circles FWD or BWD
16. Hip rotators

From below exercise categories:

Pick 1-2 exercises for legs/hips from each legs/hips activity category.

Pick 1-2 exercises for trunk from each trunk activity category.

Pick 1 exercise for upper body from each upper body activity category

Stabilization Activities: (Tempo is slow during eccentric and isometric phase of the lift, fast during concentric phase)

Legs/ Hips:

1. Forward lunge with stabilization
2. Single leg squat –Forward, side and back
3. Ball Hamstring Curl
4. Single leg Bench Squats
5. Skater Jumps with stabilization
6. Squat Jump with stabilization
7. Box jumps with stabilization
8. Ball Bridge
9. Windmill
10. Balance board Squat
11. Side lunge with stabilization
12. Rotational lunge with stabilization

Upper Body:

1. Pull Up
2. Supine pull up
3. Standing row with rotation
4. Push up
5. Push up with rotation
6. Ball push up

Trunk:

1. Blank
2. Ball Abs crunch
3. Ball oblique twist
4. Ball Knee tugs
5. Ball Jack knives
6. Ball Log rolls
7. Sit up
8. Super man
9. Back extension
10. Ball cobra

Strength Activities: (Tempo is slow during eccentric and isometric phase of the lift, fast during concentric phase)

Legs/hips:

1. Db Squat
2. Db Lunge FWD
3. Db Lunge Side
4. Db Rotational Lunge
5. Db ball squats
6. Calf Raise
7. Resisted Ball Hamstrings
8. DB Step up
9. DB Side step up
10. Ball Squat with or without dumbbells

Upper Body:

1. Pull Up
2. Barbell Bench Press
3. Push up with resistance
4. Seated Row
5. Lat Pull down
6. Low row with rotation
7. Incline Db press

Trunk:

1. Ball Abs crunch
2. Med. ball sit up
3. Med. ball seated Russian twist
4. Med. ball jack knives
5. Jack knives
6. Back extensions
7. Abs Crunch- floor
8. Oblique twist- floor

Power Activities: (Tempo is as fast as controlled)

Do not add power activities until after 4 weeks of stability and strength exercises. This is for the safety reasons.

Leg/Hips:

1. Squat Jump
2. Skater Jumps or Russian Box Jumps
3. Split Squat Jumps or "Scissor jumps"
4. Depth Jumps- Plyo. Box—all 3 planes
5. Bounding
6. Single leg hops
7. Frog Jumps
8. Track hurdle knee tug jumps
9. Ankle Hops
10. 180 degree squat jumps

Upper Body:

1. Med ball toss- chest pass against wall
2. Med ball toss- Side toss
3. Med ball toss- Overhead throw
4. Med. ball toss- From lunge stance
5. Power Push ups
6. Over head med ball slams

Trunk:

1. Med. ball. Sit up toss
2. Med . ball Power Russian twist
3. Kneeling Over head Med. ball toss
4. Over head Med ball toss –reverse
5. Power Super mans
6. Reverse side med ball toss.

Post practice stretching routine:

1. Calf against the wall or on the ground
2. Kneeling Hamstring
3. Thigh
4. Glute
5. Glute 2
6. Lats – side bend
7. Inner Thigh
8. Hip flexors
9. Chest
10. Arm circles

Other:

1. Cone Drills (take off and deceleration, agility):
 - a. 5-10-5 drill
 - b. T-Drill
 - c. M- drill
 - d. M- drill with pivots
 - e. Multi-plane agility (cones 10-15 meters apart)
2. Speed (take off)
 - a. Jumps and sprint
 - b. Different position/ reaction and sprint
 - c. Lean and sprint
 - d. Resisted Sprint
 - e. Resisted Sprint with release
 - f. Reaction drills
3. Agility ladder activities (foot speed, agility, body awareness, coordination, and balance)
 - a. in and outs
 - b. in-in out-out
 - c. quick quick out-quick quick out
 - d. slaloms
 - e. slaloms outside only
 - f. x-over step out-x-over step out
 - g. side shuffle
 - h. scissors
 - i. Slaloms with 90 degree turn
 - j. Etc.

4. Slide board: work on form and stride development.
 - a. Intervals of 10-40 sec. with 30- 120 sec rest.

5. Relays:
 - a. Bear Crawl
 - b. Pygmy walk
 - c. Crap walk
 - d. Stick handle
 - e. Soccer ball dribble
 - f. Cone drill activities above
 - g. B-ball dribble both hands
 - h. Reaction drills
 - i. Etc.

6. Games
 - a. Street hockey
 - b. Roller Hockey
 - c. Dodge Ball
 - d. Keep away
 - e. Hand Ball
 - f. Football without equipment
 - g. Football with equipment (only hockey checking allowed)
 - h. Baseball with handball or soft dodge ball
 - i. Tag
 - j. Etc.

BHC Development Committee

DISTRICT 6 NEWS & RULES

Coaches Background Checks and Level Certification

- ALL coaches will ultimately get screened and will not be allowed on the ice with players until their screening is complete. See Frank Senta for background Check Forms.
- ALL coaches need the appropriate level certification to be on the ice with players. See below for requirements and upcoming Burnsville Class adtes. Other Classes are available on the USA hockey WEB Site.

District 6 and Minnesota Hockey manuals can be found at

- www.district6hockey.net under “Rule Book”.
- www.minnesotahockey.org under “Handbook”

Goalies- (Borrowing)

- District 6 will use Minnesota Hockey’s rules as it applies to replacement goalies for the upcoming District 6 season of league play. Any District 6 rules pertaining to this process are null and void. This does not apply to Jr Gold Games. Development Committee and especially level directors must become very familiar with *VI. TEAM COMPOSITION, Section C* on pages 25 and 26 of the Minnesota Hockey Handbook.

Mandatory Head Coaches Meetings-

- Squirt thru Bantam- November 7th, 2006 and November 28th 2006 at Creekside Community Center in Bloomington.
- Junior Gold- In Blaine on Saturday, December 2.
- Reminder: Head Coaches will show a picture ID, Coaches Card as well as sign-in AND sign-out this year!

New Standard of Play.

- USA Hockey is implementing a new Standard of Play and Rules Enforcement throughout the country in 2006-07. While this new Standard of Play does not involve any rule changes, it does change the way our current rules will be called by referees in relation to hooking, holding, tripping and interference. We strongly encourage you to visit our website usahockey.com and watch the video presentation we've developed that explains what is and is not acceptable under the new Standard of Play. It's a terrific piece that will help everyone understand what to expect. With the new standards, players will be rewarded offensively and defensively for their use of speed, skill, and strength.

2006-2007 District 6 Playoff Assignments and Dates

Jefferson	Bantam A and A/B Championship Weekend	2/17 - 2/25
Eastview	Bantam B1	2/17 - 2/23
Chaska	Peewee A	2/17 - 2/23
Edina	Peewee B1	2/17 - 2/23
Eden Prairie	U14A and Girls Championship Weekend	2/17 - 2/25
Minnetonka	U14B	2/17 - 2/23
Burnsville	U12A	2/17 - 2/23
Prior Lake	U12B	2/17 - 2/23