



Get in Shape!

Conditioning Program

INTRODUCTION

As a player, you must establish the basics of conditioning that will enable you to meet the specific demands of the coming season. Conditioning basics include:

- (1) **Flexibility** (*keeping your muscles pliant, like an elastic*)
- (2) **Cardiovascular training** (*exercising the heart muscle*)
- (3) **Strength** (*increasing your endurance*)
- (4) **Nutrition** (*feeding your body properly*)

Please review the entire program and follow it as closely as possible. If you have a known medical condition or you experience difficulty breathing, or with joint and/or muscle pain stop the program and consult your doctor for further guidance.

TARGET AGE GROUPS

9-13 years old: do full strength and cardiovascular program **14 years and older:** do two sets of reps for strength and cardio

(1) FLEXIBILITY

FLEXIBILITY is the foundation of conditioning because it establishes the range of movement around a joint that an athlete needs to optimize power, to reduce strain injury and to improve coordination. This is done through a consistent stretching routine.

STRETCHING: Before you begin, jog or jump rope for 3 minutes. Breathing out, move slowly to the stretched position and hold, breathing easy for 10-20 seconds. Relax and repeat. Stretch again. If working with an injured area of your body, repeat a third time. Do **not** bounce when you hold the stretch.

1. **NECK:** With all 3 stretches, offer resistance with your hands, pushing your head in the opposite direction of the stretch. Keep your shoulders down and back.
 - Looking forward, slowly tilt head to try and touch ear to shoulder.*
 - Looking forward, slowly turn chin to shoulder.*
 - Looking forward, touch chin to chest.
2. **SHOULDER:** With hands behind your head, grasp left elbow with right hand and pull elbow behind head reaching down your back. Hold.*
3. **WRIST:** Hold hockey stick with both hands, shoulder width apart. Extend your arms out in front of you. Rotate wrists towards floor and back up again. Repeat 10 times.
4. **GROIN:** Sitting, pull soles of feet together. With hands clasped around feet, slowly pull yourself forward pushing knees to ground. Hold.
5. **QUAD:** Lie on side. Extend lower leg and lower arm. Bend upper leg at knee and grasp feet with upper hand. Lift leg up, back and out. Hold. Do not rotate knee inwards.*
6. **HAMSTRING:** Sitting, heels 4 feet apart. Bend forward at waist, leg straight, face looking forward, back straight. Hold.
7. **CALF:** Standing, lunge one leg forward 3 feet, front knee bent, body standing tall, bend back knee slowly to the ground keeping heel on ground. Hold.*
8. **BODY:** Sitting, both legs straight. Bend one leg up and place foot flat on floor on the other side or outer side of straight leg. Twist upper body and head in opposite direction from the leg you have just bent. Hold.*

** (Reverse and repeat on opposite leg or arm, where applicable.)*

(2) CARDIOVASCULAR TRAINING

CARDIOVASCULAR TRAINING is a foundation of conditioning because it prepares the heart, lungs and blood supply network to feed the muscles during work. Cardiovascular excellence is achieved through a combined **AEROBIC** (endurance) and **ANAEROBIC** (short, full out) program.

1. **AEROBIC:** Jogging is one of the best ways of increasing your endurance. Other activities such as cycling or jumping rope are also effective. Refer to the *Pre-Camp Training Program* for further details on aerobic training.
2. **ANAEROBIC:** A series of sprints and short rests will train your heart to recover quickly and produce better and faster usage of oxygen by the muscles.

INTERVALS AND BACKWARDS RUNNING ARE EXAMPLES OF ANAEROBIC TRAINING.

- **INTERVALS:** Find 2 landmarks (such as 2 streetlights or telephone poles). Beginning at one of them, sprint to the other. Sprint back to the first one. Repeat. Begin the exercise again but walk instead of sprint between the landmarks. Repeat both sequences 10 times.
- **BACKWARDS RUNNING:** Sprinting backwards will develop the hamstring (the muscles in the back of your thigh). Sprint backwards to the landmark that you chose for the *Interval* exercise. Jog forward to the previous landmark. Repeat 5 times.

(3) STRENGTH

Strength is a foundation of conditioning because it enhances performance, enabling the player to resist injury and play with great power, explosive speed, and ease.

Week	Push-Ups	Sit-Ups	Stride Jumps	Step-Ups	Jump Rope	Wrist Curls
1	10	25	25	10	30	10
2	15	30	30	15	30	10
3	20	35	35	15	40	15
4	25	40	40	20	40	15

1. **STRIDE JUMP:** Feet together, jump from side to side leaving a distance of 2 feet between strides (like slalom skiing).
2. **STEP-UPS:** Stand feet slightly apart. Jump, both feet together, up 2 steps and down one.
3. **JUMP ROPE:** Standard jumps (2 feet) or jump with alternate feet.
4. **WRIST CURLS:** Slip strap of hockey bag over stick. Leave gear in bag. Grasp stick, palms down, on either side of strap. Curl up and down. Reverse hands (palms up) and repeat.

(4) NUTRITION

Nutrition is a foundation of conditioning because the proper fuel or food is converted into energy, which allows for maximum muscle potential. In recent years there has been much controversy over what it means to "eat healthy". We recommend that you maintain a balanced diet. It's important to eat from every food group. During your season, it's important to provide your body with a consistent growth and fuel usage pattern. Eat lots of whole-wheat cereals and breads, potatoes, fruits, vegetables, non-fat milk and big green salads. Follow this guide unless otherwise specified by your doctor or allergist.

PRE-GAME MEAL: Twelve hours before, combine **protein** with **carbohydrates** (e.g. tuna or egg sandwich and milk). The protein will help the carbs last longer. Four hours before, eat a meal high in complex carbohydrates (e.g. pasta, noodles, bread, potatoes, and vegetables). Carbs are more easily absorbed by the muscles and can produce high energy. Potassium will aid digestion. Do not eat chocolate bars or drink soft drinks. These foods have caffeine, which will stimulate in the short term but depress the system after the initial high, possibly in the third period of your game.

MINERALS: Potassium promotes the formation of glycogen in the muscle. It is essential to the athlete. Without glycogen, the muscle has no ready fuel. The muscle also produces heat. Potassium is released to cool the muscle. Potassium can be found in fruit juices, bananas, broccoli, peanuts, potatoes, and raisins (note: do not consume more than the maximum daily amount of potassium). **Magnesium** is important in controlling the tone of muscles. A good source of magnesium is nuts, peas, dark green vegetables, and whole grain products (note: do not consume more than the maximum daily amount of magnesium).