

Special Physical Preparation of Ice Hockey Players

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СПЕЦИАЛЬНАЯ



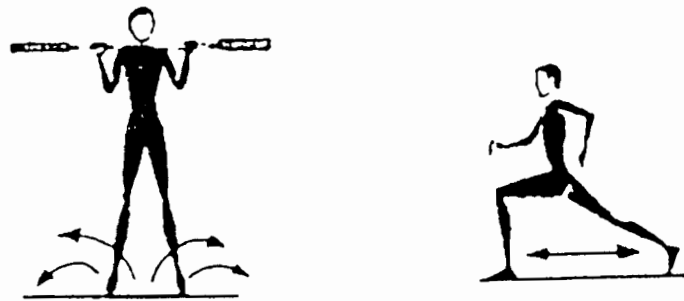
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**ФИЗИЧЕСКАЯ
ПОДГОТОВКА
ХОККЕИСТОВ**

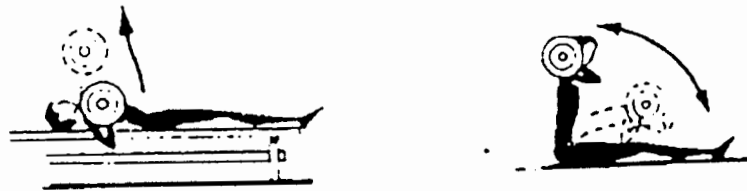
General



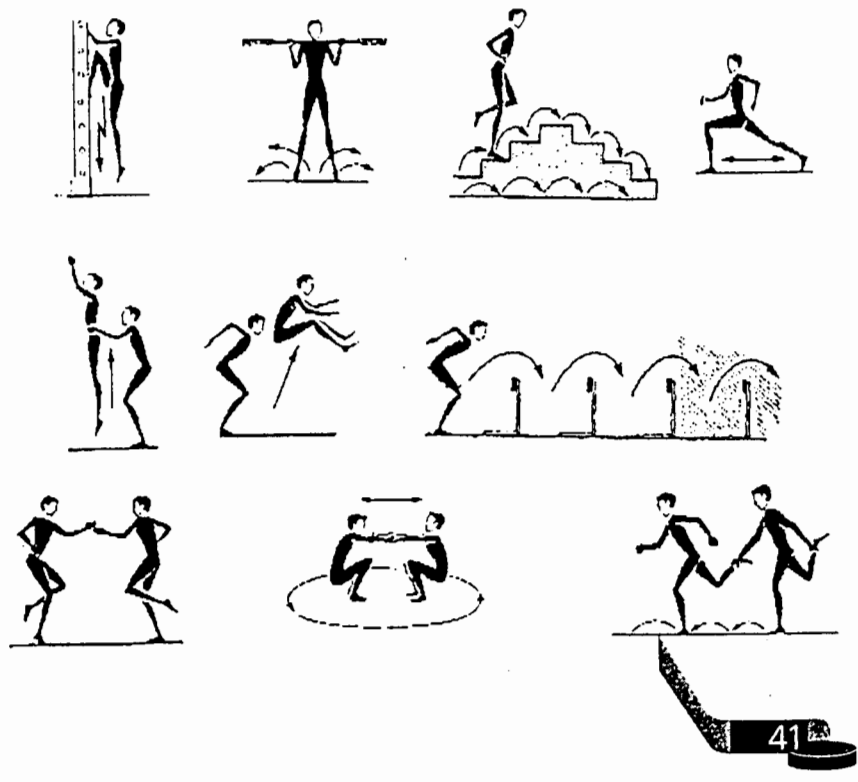
Special



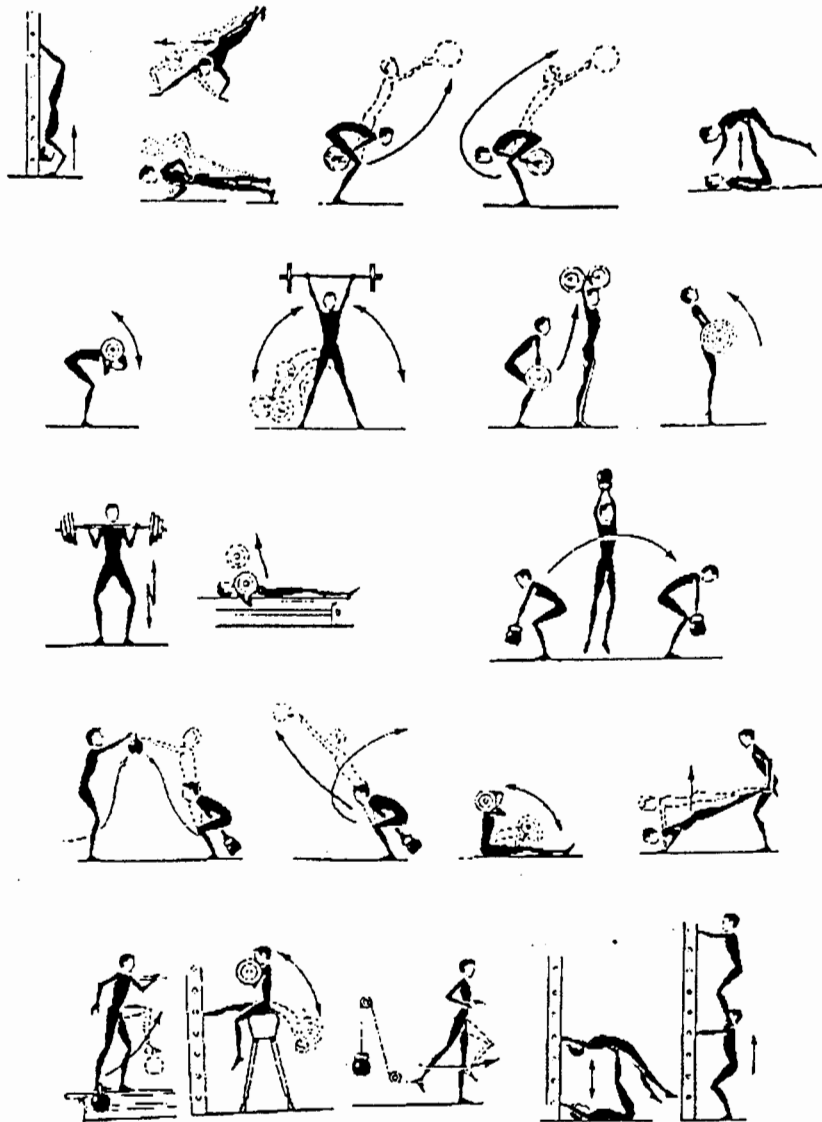
Local



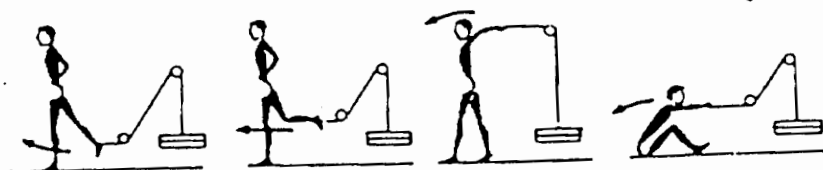
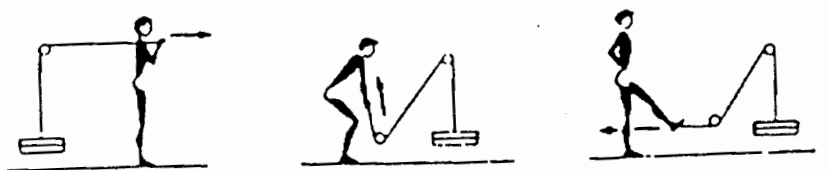
Examples of exercises with different influences



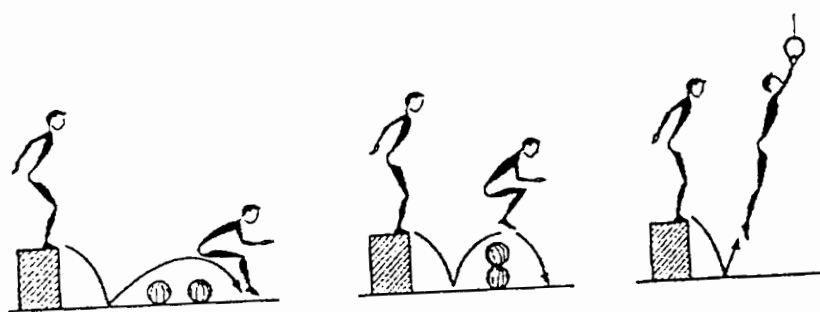
Example of exercises for the development of speed-strength training



Example of exercises for the development of strength training



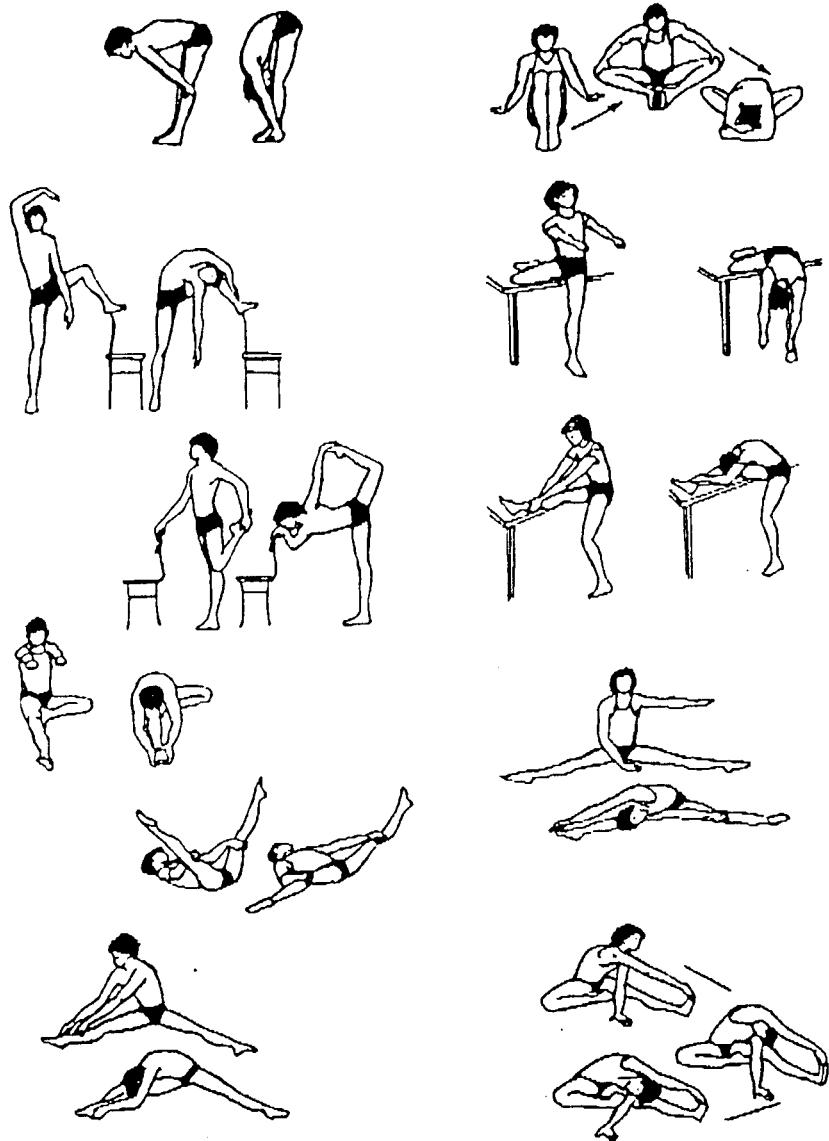
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Example of exercises of the shock character (Y.V. Verhshanskij)

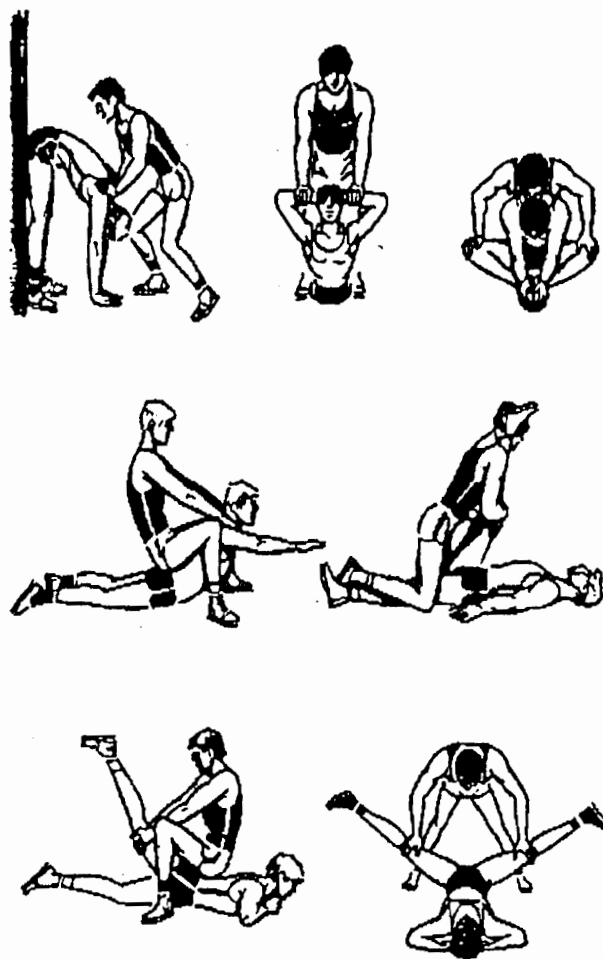


Example of exercises for the improvement of starting speed

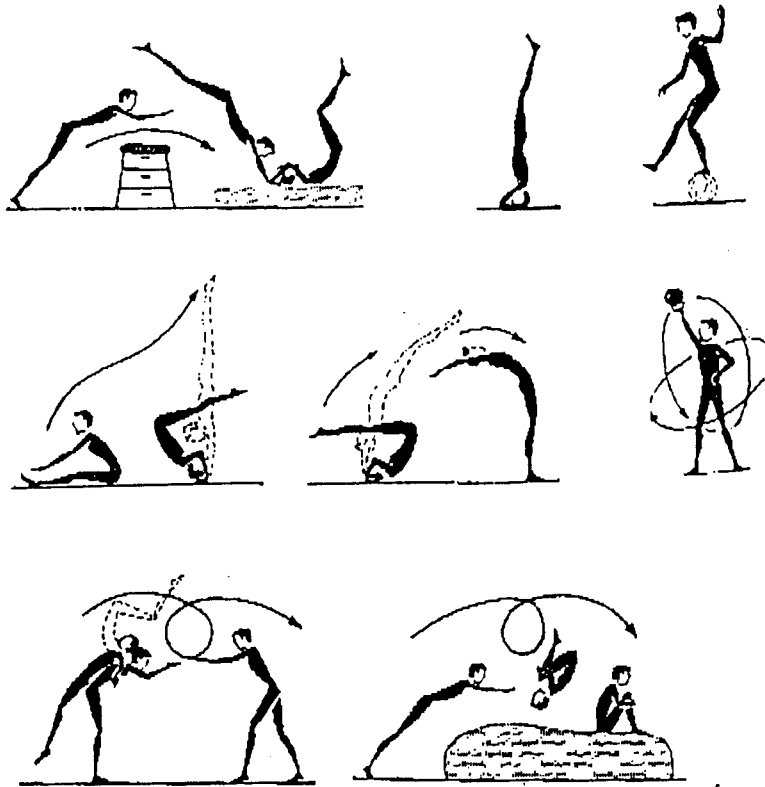


Repeated stretching method

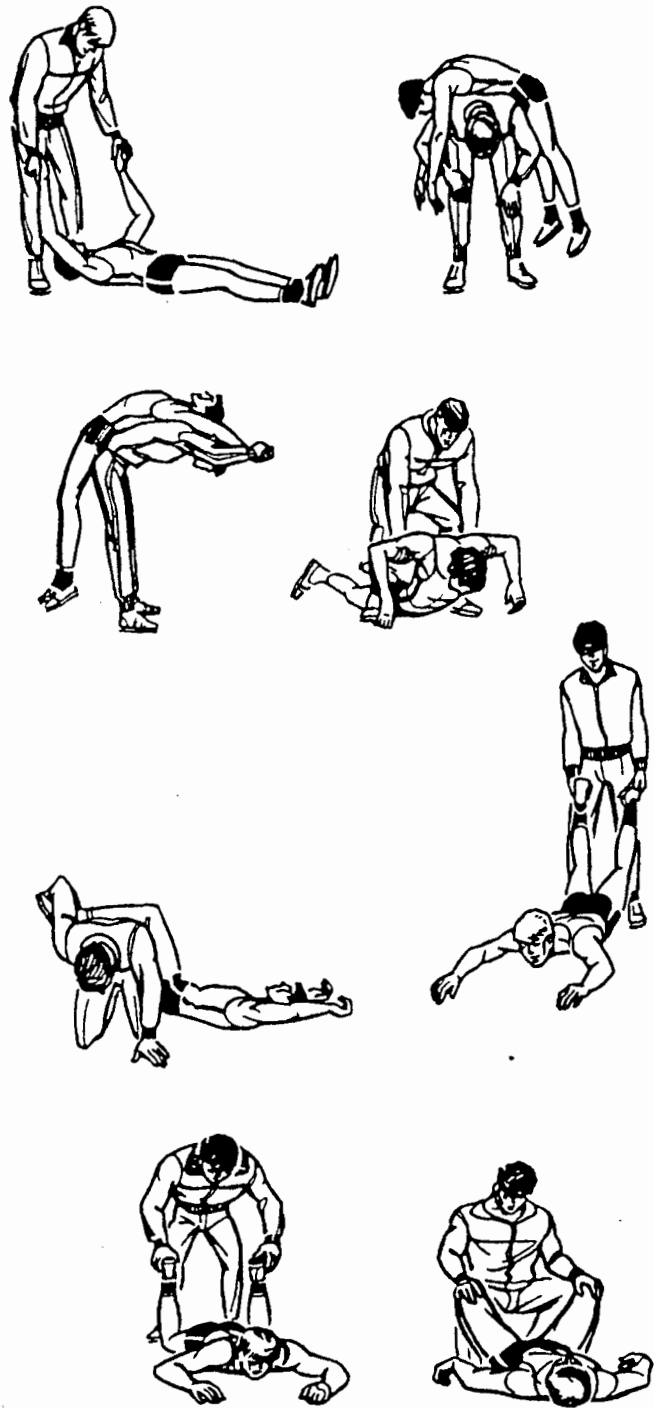
Example of exercises with "gentle" stretching



Example of exercises with “severe”/ “brutal” stretching



Example of exercises for the development of agility



Examples of exercises for relaxation and reducing the load with support - motor apparatus

Example of Systematic Methods, Developing Coordination Movements

Systematic Method	Performance Method
Introduction of unusual starting positions	Starts from different positions. Shoot a puck while sitting. Shoot a puck while kneeling. Shoot a puck while falling.
Mirror performance of exercise	Stickhandle with left hand. Repeat movements of partner.
Change of speed or tempo of movements	Performance of various game exercises with unrhythmical tempo. (speed up or slow down).
Variation of the tactical conditions	Change tactics in game process Competition with different partners and opponents.
Introduction of additional objects of actions and signal irritants, requiring prompt change of actions	Game exercises with increase of number - balls, pucks etc. Simultaneous combined games: Hockey-soccer-basketball-soccer Relay races with new elements.
Change of spatial zones within which a training task is being performed	Game exercises on a smaller court or field (small area game / exercise).
Directed variation of external load/ weight	Exercises with different weight pucks for accuracy and speed on shots and passes.

U.S.S.R. ICE HOCKEY FEDERATION

Vladimir Bogomolov

A PRE-SEASON CONDITIONING PROGRAM

Conditioning is an important component part of an overall training process as it serves as a basis and necessary precondition for successful mastering and perfecting technical and tactical skills, building up players' confidence and fighting spirit.

Thus, the structure and contents of muscular strength development program at different stages of preparation and in different age groups will vary substantially with regard to all regularities of planning and specifics of natural growth of the athlete's body.

Within our basic approach to strength development, the preparatory period plays key role in building up muscular strength foundation. Once the necessary level of strength is reached it is then to be kept up through the whole of competitive swason.

Duration of this preparatory period varies from three to four months depending on the start of the national calendar and will comprise some 90 to 120 days a year.

We subdivide this preparatory period into three stages:

1. GENERAL PREPARATORY STAGE (from 35 to 45 days)
2. SPECIFIC PREPARATORY STAGE (35 to 45 days)
3. PRE-COMPETITION STAGE (20 to 30 days)

The character of strength oriented work as well as means and methods to be utilized for building up muscular strength will vary with each of the above stage.

We distinguish two major capacities in hockey player conditioning: MUSCULAR STRENGTH PER SE and STRENGTH PLUS SPEED ABILITY.

Now we try and examine the course of strength development using a few sets of strength training sessions at different stages of pre-season conditioning programme.

General Preparatory Stage

Task: Building up total strength potential and purposeful impact on major muscle groups as well as preparation of the motor and neuro-muscular systems of the body. To meet these tasks circuit training is used with accentuated training assignments.

PRACTICE 1

Objective	Development of speed and strength
No. of stations:	10
No. of laps:	3 to 5
Intensity:	max. effort
Time:	10 - 15 sec
Rest:	45 sec, after full circuit - 5 min.
Weight:	5 to 30 kg
Duration:	
Equipment:	set of barbells, medicine ball 5 kg, iron bars, rubber cords or bands, etc.

Two men per station: one starting, followed by the other after 15 seconds immediately. 30 sec for change of stations. Follow up in same order.

- St. 1 Barbell 30 kg on shoulders, thrust forward with right foot, change feet with a hop. Straight back, look straight ahead.
- St. 2 Barbell 30 kg chest level, jerk with two hands (breathe without hindrance)
- St. 3 Rubber cord run
- St. 4 Medicine ball 5 kg throw with two hands from behind the head against the wall, distance 2 m
- St. 5 Jumps from deep squat / tuck / from wooden blocks with 16 kg weight.
- St. 6 Barbell jerk / 15 kg/ from behind the head
- St. 7 Barbell 30 kg - clean
- St. 8 Hurdle / 50 cm/ jump, two feet
- St. 9 Barbell 20 kg on shoulders, lean forward looking straight ahead, no knee bend
- St.10 Jumping rope

Jogging and relaxing exercises are recommended in interval between circuits.

Practice 2

Objective: Muscular endurance
 No. of stations: 5
 Intensity: 50 % of max
 Time: 30 sec or No. of reps.
 Rest: 30 sec between tries, 3 to 5 min
 between circuits
 Weight: 30 to 70 kg
 Duration:
 Equipment: Set of barbells

Warm-up

4 to 5 men per station working simultaneously for 30 sec, 30 sec for change to next station.

1. Bench press / 35 kg x 5 /
2. Pull / 60kg x 5 /
3. Bench press / 35 kg x 5 /
4. Squats / 60 kg x 5 /
5. Weight-lifting jerk /40 kg x 3

Practice

1. Sit press / 35 kg x 5 / x 2
2. Squating /60 kg x 5/ x 2
4. weight lifting clean / 40 kg x 5 / x 2 /
5. Bench press / 35 kg x 5 / x 2

3 min pause / jogging, relaxing exercises / 5 kg more to each weight.

1. Sit press /40 x 5/ x 2
2. Squats /65 x 5/ x 2
3. Jerk /40 x 5/ x 2
4. Clean /45 x 57 x 2
5. Bench press /40 x 5/ x 2

5 min pause / jogging, stretching /5 kg more to each weight

1. Sit press /45 x 3
2. Squats /70 x 3
3. Jerk /45 x 3
4. Clean /50 x 3
5. Bench press /45 x 3

This type of training enables

During the general preparatory stage, while scheduling weekly programme employing 6-1 principle (6 work days, 1 day-off) muscular strength practices are held on days 2-4-6, while muscular endurance practices are recommended toward the end of the week cycle.

Specific Preparatory Stage

Tasks: Building up general and specific strength potential in game-simulation drills. Training at this stage is of a more concentrated character and is more "specialized". Work regimen should now more correspond to that of a competition match.

Practice 3

Objective: Development of strength and speed
No. of stations: 10 3 to 5 circuits in one series
No. of series: 2 to 3
Intensity: max effort and tempo
Time: 50 to 60 sec
Rest: 120 sec (if he has three 5 marks - excell.)
 180 sec (if hw has four 5 marks)
 5 min between the series
Weight: 10 to 20 kg
Duration:
Equipment: hurdles, low gym benches, iron bars up to 5 kg, pylons, barbell discs.

5 men working simultaneously. Start for next 5 is signalled after the first is finished

1. Start - jerk 10 times 20 kg
2. Hurdle jumps
3. Hurdle roll-over
4. Slaloming pylons (10 pylons)
5. Regular weightlifting press from chest
20 kg x 10 times
6. Skating imitation
7. Flying roll-over

8. Imitation of stickhandling using 5 kg bar
9. "Deer" run over bench
10. Spurting finish

Pulse rate - 180-190 b/min, in rest pause - 120 b/min.

Practice 4

Objective: Muscular strength endurance
 No. of stations: 10 3 to 5 circuits
 Intensity 50 to 75 % of max.
 Time: 30 sec
 Rest 30 sec, rest pause after 1st circuit -
 3 min. further on - 5 min
 Weight 5 to 40 kg
 Equipment Set of barbells, metal bars, rubber cords,
 tennis balls.

Two men per station working alternatively 30 sec each (in turns)
 Change of spots - during rest pause.

Goaltenders:

1. Alternate jumps from foot to foot imitating clearing the puck alternating catching glove with stick glove saves (2,5 kg in each hand)
2. Abdomen muscles. Sitting on bench, legs working up and down, hands imitating catching the puck with 2,5 kg weights in each hand.
3. Wrist work lifting 16 kg weight, feet imitating foot saves
4. Juggling with 2 or 3 tennis balls
5. Pendulum jumps (forward-backward) imitating saves with 2,5 kg in each hand
6. Side thrusts standing on "curbstones" with 16 kg weight.
7. Tennis balls against the wall.
8. Feet thrusts forward-and-aside while equating with barbell disc in hand.
9. Juggling with 2-3 tennis balls. Feet working, too.
10. Lying on bench, arms streight bringing weights of 5 kg each to sides.

Players

- shots with weighted pucks
- body-checking drills with an accent on opponent's stick.

All these drills are either included in ice practice as complimentary or incorporated in technical or tactical ice drills.

Conclusion: Strength training in preparatory stage is varied both, in contents and in character as regards drills' impact on different muscle groups.