

**2012 Off-Ice Fitness Programme
New Zealand Under-18 National Team**

New Zealand Ice Hockey Federation



**In preparation for:
International Ice Hockey Federation
World Under-18 Championships
Sofia, Bulgaria
12 – 18 March 2012**





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NEW ZEALAND ICE HOCKEY FEDERATION



19 September 2011

Subject: 2012 New Zealand Under-18 National Team Off-Ice Training Programme

Attached herewith is the 2012 New Zealand Under-18 National Team off-ice training programme, in preparation for the 2012 International Ice Hockey Federation World Under-18 Championship, Division III, Group A in Sofia, Bulgaria from 12-18 March 2012.

Fitness is an essential component of our game strategy. Therefore, it is the players' responsibility to achieve high fitness results both on and off the ice.

Peak physical fitness will allow the team to execute on-ice systems efficiently, and execute game plans. It is therefore imperative that all players perform this off-ice fitness programme.

Schedule:

- 19 September 2011 to Mid/Late November 2011 (up to the Regional Training Camps): 40 minute run on Sundays, Tuesdays & Thursdays. This is to be an extra, to any other physical activity / ice hockey you are also doing. This is done to ensure that you have a base level of fitness for the Regional Training Camps.
- Mid/Late November (Regional Training Camps) to 15 January 2012: Alternate training programmes 1, 2, 3 and 4 on Mondays, Wednesdays and Fridays.
- 16 January 2012 to 26 February 2012: Alternate training programmes 5, 6, 7 and 8 on Mondays, Wednesdays and Fridays.

Testing Dates:

- 28 November 2011
- 19 December 2011
- 16 January 2012
- 30 January 2012
- 13 February 2012

Fitness will also be tested, and self-reported results verified at all regional and team camps. One final test will be performed at the final NZ domestic camp before we leave overseas. Minimum standards will be set, and players that do not meet the minimum criteria will be replaced by one of the reserves. The minimum criteria will be announced at the Regional Training Camps in November/December 2011.

Please do not hesitate to contact me for any questions, at topkiwinz@yahoo.com

Yours in ice hockey,

Rodney McMillin
Strength & Conditioning Coach
New Zealand Under-18 National Team
New Zealand Ice Hockey Federation





2012 New Zealand Under-18 National Team Testing Process

Test results are due on: 28 November, 19 December, 16 January, 30 January and 13 February.

Please report all test results to Rodney McMillin, at: topkiwinz@yahoo.com

- 5 Dot drill: Record best time, out of 3 reps.
- 3 Cone lateral Drill: In 3 minutes, how many times can you touch the outer cones at 4 metres apart? ^ 2m ^ 2m ^ and record score.
- Wall Seats: With your back resting on a sturdy wall and legs at 90 degrees, how long can you hold a steady position for? Record time in minutes and seconds.
- Push-ups: How many complete push-ups can you do in 3 minutes? Record score.
- Sit-ups: How many complete sit-ups can you do in 3 minutes? Record score.
- Quick Steps: Find a step 10cm high. Step on it with your right foot first, then left foot. Then descend with your right foot, then your left foot. This counts as one rep. Repeat this as quickly as you can, for 4 minutes. Count and record steps.
- Linear Acceleration: Place 2 cones 20 metres apart. Starting in downward press-up position laying behind the cone to the side, have a partner clap or yell 'go!' to get you started. Explode up (react to sound), and sprint to finish at 20m cone. Time each rep with a stopwatch. Push yourself to shorten your time, and perform speed training at 100%. 6 X reps to 20m. Record best rep.
- Press-ups on Ball: On a round ball (eg: soccer or basketball) how many press-ups can you do without stopping for longer than 5 seconds. Count and record.



2012 New Zealand Under-18 National Team Warm-Up / Warm-Down Exercises

- 1 minute: arm swings
- 1 minute: arm circles front & back
- 1 minute: trunk rotations, standing
- 1 minute: trunk rotations bent over
- 1 minute: leg swings front & back
- 1 minute: leg swings side to side





2012 New Zealand Under-18 National Team Dot Drill Exercise

The BFS Dot Drill not only warms-up your muscles but it also increases your agility. The Dot Drill will be hard at first. It is tiring and you may appear clumsy. However if you will do it six times a week, in a very short time, improvement will come rapidly. You can have quick feet in a month or two.

Each athlete should set two goals. The first goal is to do the Dot Drill 6 times per week and the second goal should be to increase speed. BFS Dot Drill Video available.

To do the Dot Drill, five dots need to be placed on the floor. It works best if 4" round dots are painted on the floor. Some coaches paint many stations for larger groups. An athlete at home can use anything approved by his/her parents to mark the dots (i.e. masking tape).

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1. UP AND BACK

- Start with feet on A and B.
- Now jump quickly to C with both feet
- Then jump and split feet to D and E.
- Come back the same way jumping backward.
- Repeat 5 more times.

2. RIGHT FOOT

- Your feet from up-and-back should end on dots A and B.
- Now go to dot C with your right foot.
- Now go in order: Dot D, E, C, A, B.
- Repeat 5 more times.

3. LEFT FOOT

- You will end the right foot drill on Dot B.
- Now go to dot C with your left foot.
- Now go in order: Dot D, E, C, A, B.
- Repeat 5 more times.

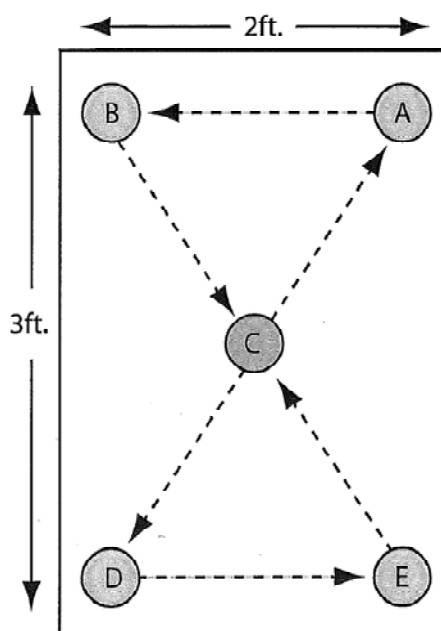
4. BOTH FEET

- You will end the left foot drill on Dot B.
- Now go to C with both feet.
- Now go in order with both feet: Dot D, E, C, A, B.
- Repeat 5 more times.

5. TURN AROUND

- You will end the Both Feet Drill on Dot B.
Now go to C with both feet.
- Now go to dots D and E spread apart both feet as in the up-and-back (Drill #1).
- Now quickly jump 180° clockwise to face the other way. You should still be on D and E.
- Hit C with both feet and then A and B with feet split.
- Now turn quickly again with a 180 spin to the left with your feet still on A and B.
- Repeat 5 more times.

DOT DRILL DIAGRAM



DOT DRILL STANDARDS

Under 50 seconds:	Super Quick
50-60 seconds:	Great
60-70 seconds:	Average
70-80 seconds:	Need work
Over 80 seconds:	Slow



2012 New Zealand Under-18 National Team Training #1

Skipping 15mins (need a skipping rope)

Stretch

30 sec break

Lunges, high knees, kick ups, fire hydrants over 15m 2 x sets each

Calf pumps x 30 each leg in press up position pumping legs from ankles

Burpees x 30 spring up arms high at end (add 2-3kg weights)

30 sec break

Press ups on ball maximum keep count **& record**

5 dot drill x 3 sets 5 keep time **& record** use tape to mark out dots 600mm x 900mm if doing on grass use a spray can or mark ground with something that will not move.

30 sec break

Cone touches 2 x cones 4m part start in middle side lunges touching cones count **& record** total touches over 2 minutes

Bench press 60kg maximum reps **& record**

Sitting squat against wall legs right angles holding 30 sec 3 sets then hold as long as possible **& record** time

Land post sprints, jog, sprint & jog 3 sets of 5 with 3min break between sets (use only 3 land posts)

Warm down stretch



2012 New Zealand Under-18 National Team Training #2

Skipping 15mins (need a skipping rope)

Stretch

30 sec break

Bicycle sit ups maximum keep count **& record** (elbows touching knees)

Drink break 60sec

Lunges, high knees, kick ups, fire hydrants over 15m 2 x sets each

Calf pumps x 10 each leg

30 sec break

5 dot drill x3 sets 5 keep time **& record**

Drink break 60sec

Press ups on ball maximum keep count **& record**

Standing jump toes on a line jump forward measure from line to heel of back foot x 3 **record**

Cone touches 2 x cones 4m apart start in middle side lunge touching each cone count **& record** touches over 1 minute

30 sec break

5 dot drill x2 sets of 5 keep time **& record** (try to beat first sets)

30 sec break

Burpees x 20 spring up arms high at end

Star jumps x25

Drink break 60sec

5km run including some hills

Warm down stretch



2012 New Zealand Under-18 National Team Training #3

Skipping 15mins (need a skipping rope)

Stretch

Press ups on ball 3 x reps of 12

5 dot drill 3 x sets of 5

Drink break 60 sec

Burpees x 20 with 4kg weights spring up with arms high at the end

30 sec break

Sit ups x 20 3 reps

Star jumps x 20 3 reps

Drink break 60 sec

Spiderman press ups bring knee to elbow on downward motion rotating sides x10 per side

Sitting Squat using wall, legs at 90 degrees hold for 40 sec then 60 sec, 90sec each rep

Kick ups over 10metres heels touching butt, then high knees, Hitler walks toes touching hands (keeping hand straight out from shoulders) then grape vine legs crossing while running sideways.

Lunges 8 strides pursing while down then sprinting off over 10metres repeat twice

30 sec break

Land post sprints, jog then sprint then jog 3 sets of 5 with 3min break between sets (use only 3 land posts)

Warm down stretch



2012 New Zealand Under-18 National Team Training #4

Skipping 15mins (need a skipping rope)

Stretch

Kick ups over 15metres (heels touching butt), high knees, grape vine (running side on crossing legs over body) Calf pumps x 10 per leg.

Drink break 60 sec

5 dot drill x 3 sets of 5 keeping time & record 60 sec break between sets

Break 30 sec

Press ups x 20 3 reps

Star jumps x 20 3 reps

Bench press 40 kg – 60kgs 3 x sets

Dumbbell lunging strides stepping up onto box / table / stairs 500mm high using 6 - 10kg bum bells x 20 per leg

Sit ups x 20

Drink break 60 sec

5 dot drill x 2 sets of 5 keeping time trying to beat first 3 times & record time

Up right rows x 12 3 reps using bar with 8 kg – 15kg standing holding bar at waste height hands together at centre keeping back still pull bar up to chin then slowly back to waste per rep

6 km run including hills keeping consistent speed

Warm down stretch



2012 New Zealand Under-18 National Team Training #5

Warm up /stretch

5 dot drill x3 sets of 5 **record best time**

Star jumps x25

Burpees x 25

Lunges over 15m x1

High kicks over 15m x2

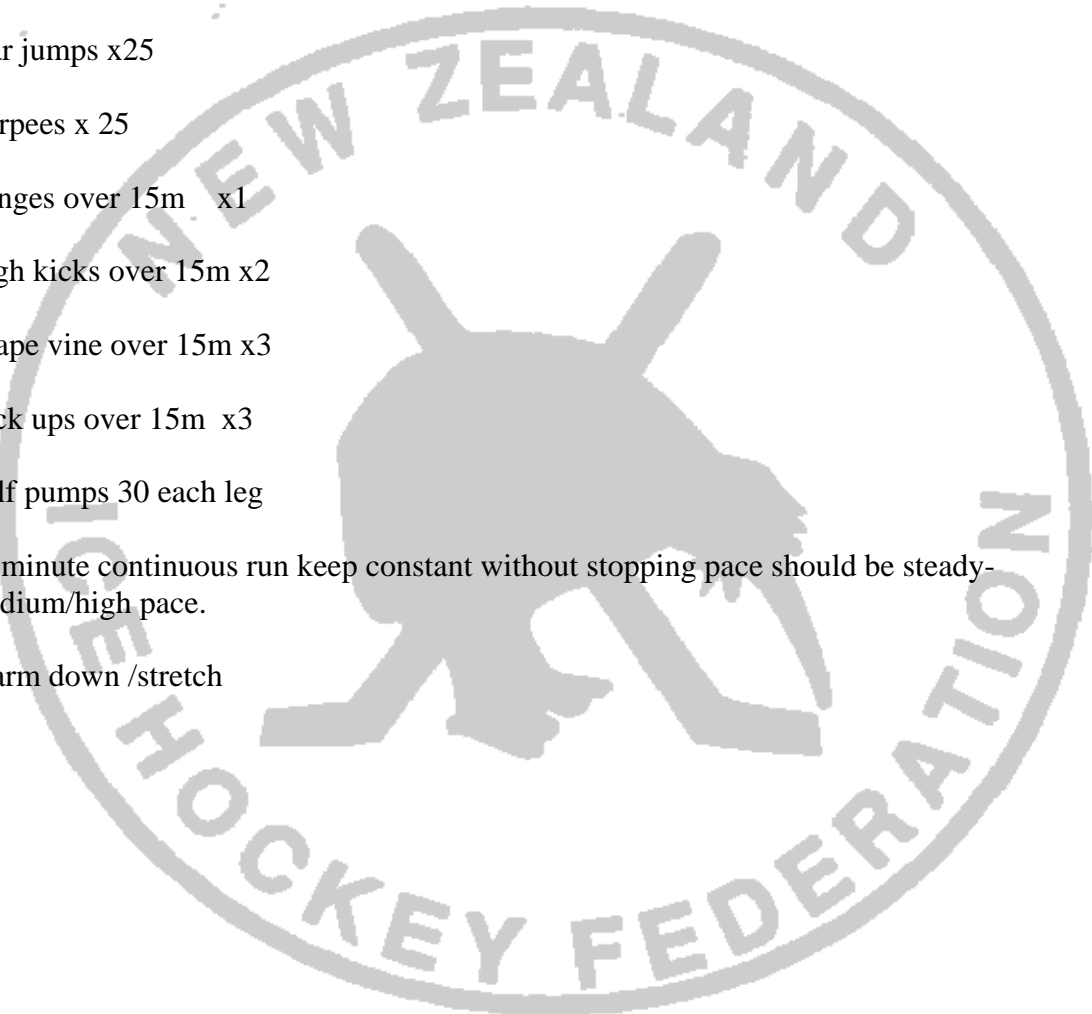
Grape vine over 15m x3

Kick ups over 15m x3

Calf pumps 30 each leg

40 minute continuous run keep constant without stopping pace should be steady-medium/high pace.

Warm down /stretch





2012 New Zealand Under-18 National Team Training #6

Skipping: 15mins

Stretch/ Warm Up: 10 up 10 down, set 2 cones out over 20m run from one cone to the next 10 x press ups, run back to cone 10 x press ups , run back to cone 9 x press ups run back to cone 9 x sit ups continue down to zero

Core Work: Hold core in tight & remember to keep breathing as normal.

Plank: In press up position with elbows & forearms on ground holding core off ground from toes to elbows, hold for 2 minutes then relax. 3 x reps. (add in a rocking motion for 20-30sec for last 2 reps)

Scissor Kicks: Lie flat on floor with your legs straight & feet at a 45 degree angle to the floor. Spread your legs apart from the hips & alternate crossing & opening your legs. Keep your lower back pressed into the floor. 3 x 20 sets with shoulders held up in the air. Note: don't let feet touch floor.

Leg Risers: Lie flat on floor as above with legs straight out arms to the side lifting legs up 15 degrees off floor hold for 30 sec, then rise to 45 degrees holding for 30 sec then lower back to 15 degrees & spread legs apart for 30 sec holding still, then small circles inwards & outwards for 15 sec then bring back to the middle for 15 sec the relax. 3 x reps. Note: don't let feet touch floor.

Wall Seats: Stand against firm/solid wall slide down with knees at 90 degrees keeping shoulders back firmly hold for 1 minute repeat 3 x adding 30 sec longer each time.

Land Posts: Only using 3 land posts jog one land post, sprint one land post, jog one land post. 5 sets 5 with a 3 minute break between sets. Note: add in a steep hill as this will create more resistance.

Warm down / stretch



2012 New Zealand Under-18 National Team Training #7

15mins skipping

Stretch/warm up

5 dot drill x 3 sets of 5 keeping time & record 60 sec break between sets

Drink break 60 sec

Press ups on ball x20

Sit ups x20 x2 reps

300's: Measure out 300metres on grass track, run repeat 300metre runs with a strong but relaxed running stride, (keeping upper body relaxed).

Try to run times that can be duplicated for each interval.

Run at 80-85% effort, these are not "maximum speed" runs.

Try to run the same time for every interval in your workout.

The last runs will feel 100% effort but will be 85% speed.

These runs are the most important runs to finish well.

5 x 300metres with a 2 minutes rest between each 300.

Stretch /warm down



2012 New Zealand Under-18 National Team Training #8

15mins skipping

Stretch / warm up

Burp pees x 30 with 4kg- 6kg bum bells

40 x star jumps

Drink break 60sec

Linear Acceleration Drill: Place 2 cones 20m apart start in downward press up position laying behind cone to the side, have a partner or someone clap or yell “go” to get you started, get off ground as quickly as possible.

Explode up (react to sound) sprint to finish at 20m cone.

Time each rep & push yourself to shorten time, always perform speed training at 100%.

6 x reaction reps to 20m

Break 60sec

Spiderman Press Up: x 30 press ups elbows touching knees on downward motion.

15 per side, make sure to bend elbows don't cheat.

Core Workout:

- Plank x3 sets: 2 minute exercises holding core in, elbows on floor (only elbows / forearms & toes should touch floor) add in slow rocking motion for 15-20 sec, keeping back straight / level (Don't arch back)
- Leg risers x2 sets: 2 minute exercises laying on floor arms to the side against body holding core in rising legs 15 degrees from floor holding for 20 sec then rising to 45 degrees holding there for 20 sec, up to 90 degrees holding 20 sec down to 15 degrees without touching floor leg apart. 5 small circles inwards & 5 outwards then bring together & repeat without touching floor.

Stretch / warm down