

ATHLETIC DEVELOPMENT

PROGRAMME FOR
HOCKEY PLAYERS



RATIONALE

This programme has been designed to develop your Athletic Development to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength and power whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

Athletic development aims to get you stronger in order for you to handle the physical demands of your sport safely and competently, as well as aiming to improve muscular and cardiovascular fitness. Increasing your capacity for exertion through movement, so you can perform better for longer.

TESTS

- **Height & Weight**
 - **10m & 20m Sprint**
 - **5-0-5 Agility Test**
 - **CMJ Test**
 - **Sit and Reach Test**
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ATHLETIC DEVELOPMENT PROGRAMME FOR HOCKEY PLAYERS

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Speed and power is vital for any hockey player regardless of their position. The ability to accelerate, decelerate and change direction away from opponents is a huge advantage to today's game.

Strength / Power

Lower and upper body strength is imperative in hockey. A strong core and lower body gives any player the strong base required when performing the mechanics of the game. Amongst other things, a strong upper body allows players to hold the stick easily, while holding off opponents and keep the ball for their team.



Flexibility / Cool Down

Flexibility is an important part of hockey; as good flexibility allows players to get down lower to the ball with good technique, taking the pressure off the spine, allowing athletes to perform at a high level. Constantly stretching and cooling down properly after each session can aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

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HOCKEY LOWER BODY WORKOUT

Gordon's School Warm Up	
Bosu Ball - Bridge	2 x 8
SL Balance - Cushion	2 x 10 Secs EA
SL Hop and Hold - Cushion	2 x 10 Secs EA
Pogo	2 x 10
MB Side On Rotational Hip Toss	3 x 4 EA
BB Hip Thrust (Box/Bench)	3 x 6
Goblet Lateral Lunge	3 x 6 EA
Hamstring Walkouts	3 x 4
Landmine Squat	3 x 6
Nordics (Eccentric Only)	2 x 4

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HOCKEY UPPER BODY WORKOUT

HOCKEY UPPER BODY WORKOUT	
Gordon's School Warm Up	
Single Arm Plank	2 x 20 Secs
SL Balance (Partner Taps)	2 x 10 Secs EA
SL Balance - Cushion	2 x 10 Secs EA
Banded YTI	2 x 3 EA
Split Squat Rotational Throw	3 x 5 EA
Inverted Row (Pause)	3 x 8
SA DB Incline Bench Press	3 x 8 EA
Deadbugs (Foam Roller)	3 x 10 EA
DB Z Press	3 x 8
Banded Anti-Rotation	2 x 20 Secs EA



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