

USA Field Hockey Board Update

Demands and Challenges

Structure

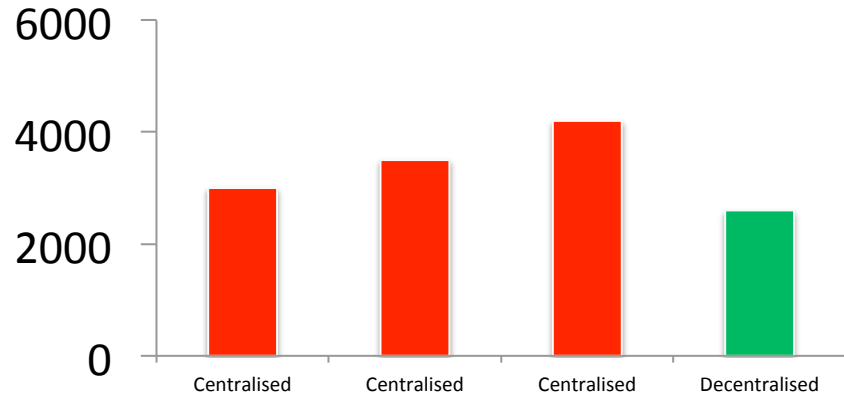
- 20 centralised (10 college)
- 48 Week Season
- 3 on 1 off

Purpose

- 7 games in 12 days
- Robustness & Durability
- Tournament Work Capacity
- Game 1 – Game 7

Challenge: Player Management

Goal: Best physically prepared team in world hockey



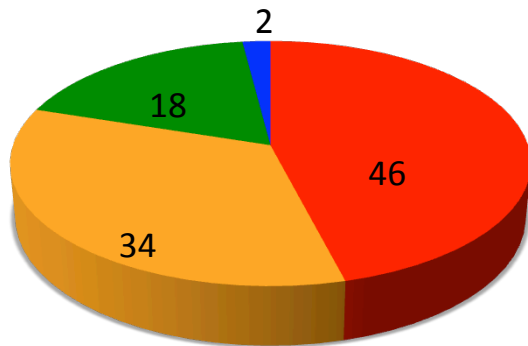
Mon	Tues	Wed	Thu	Fri	Sat	Sun
Gym (legs)	Hockey (tech)	Gym (Upper & Robustness)	Hockey (Tech)	Gym (Total-Body)	Conditioning	Mobility
Hockey	Hockey (inter-squad)	Rest	Hockey (SSG)	Rest	Rest	Rest

Overview: 2009-2012

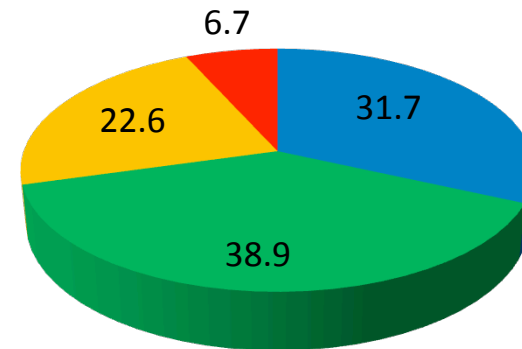
Strength & Conditioning Targets

	Speed			Strength				Conditioning	
	5m	10m	40m	ISO Pull	Back Sq	Bench Press	Wide Pull Ups	Mean RSA	30-15iIFT
Elite & 2012	0.99	1.75	5.4	3.75	2	1.05	12	7.2	21
Green	1.04	1.8	5.65	3	1.75	0.9	9	7.45	20
Amber	1.1	1.87	5.85	2.4	1.5	0.75	6	7.7	19.5
Red	1.15	1.93	6	2	1.25	0.6	3	7.9	19

Nov 13



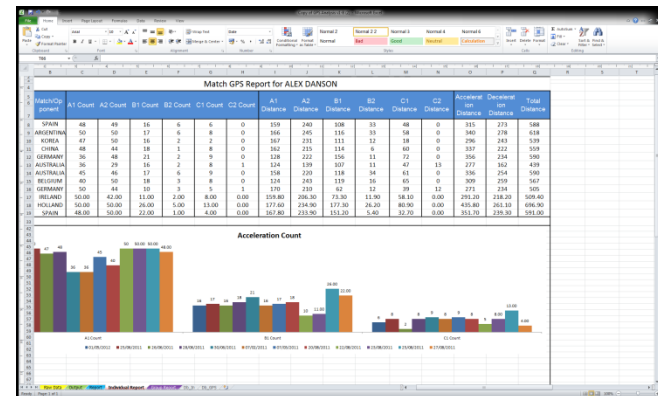
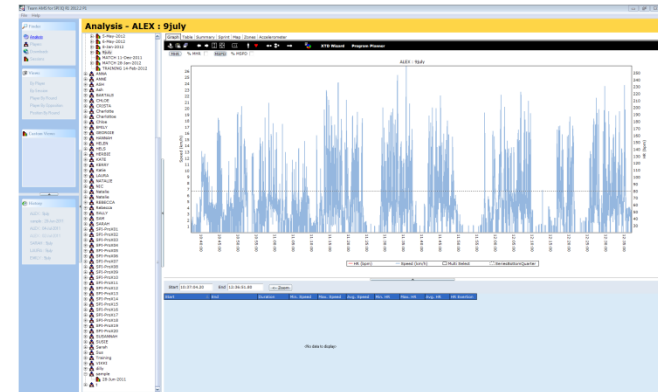
Podium Team



Demands and Challenges

Demands

Match Demands	Average (Range)
Distance Covered	7km (6-9km)
% Time HIA	19-25%
Work Rate (m/min)	148 (137-165)
Heart Rate (% max)	90 (85-98)
Low to Ground Actions	110 (90-140)
Distance covered (m) Acc/Dec	580 (550-630)



So what does it look like?



SUP
Physical Demands HIA's
Technical - Touches
Tactical – Positioning
Cognitive – DM (vision/speculation) “open play”



SSG's

Physical - H to L actions

Technical – Increased touches

Tactical – Specificity/review process

Cognitive – DM



Monitoring

Why?

- Physiological Stress = Physiological Change
- Individuals within Team
- Impact (Recovery Strategy, Physical Development, Competition)
- Ability to make appropriate and timely changes to programme

Need to know:

1. How hard are you working?
2. What is the impact of this work on your performance and readiness level?

Tools we use

1. RPE (perceptual)
2. GPS (Physical and technical)
3. Restwise (cognitive and Somatic)
4. DJ-RSI (physical)
5. Menstrual Data

Summary

- Understand the demands of the game – inform training needs
- Understand the demands of the program – player management
- Data rich