

OMHA GAME DAY COACHES CLINIC

Athletic Off Ice Conditioning

Presented by
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Richard's Beliefs

Outline

1. Cannot perform if injured
2. Train movements, not muscles
3. Critical moments are anaerobic
4. Critical movements are performed on 1 foot
5. Stability precedes strength and power
6. Training must be coupled with proper nutrition and rest
7. Less is more / quality vs. quantity.
8. Practice makes permanent. Perfect practice makes perfect

1. Cannot perform if injured

- Take the time and energy to fully recover
- Active recovery from injury
- Concept of training for injury prevention or “prehab”
 - Analyzing athletes’ movement deficiencies
 - Control issues identified
 - Cave & catch of the knee, 2° to hip weakness
 - Backs that break
 - Shoulder blades that wing

2. Train movements, not muscles

- Basic athleticism
- Muscles are not isolated in sports
- Analyze demands in terms of movements
- Once performed correctly, overload movements
- Squat, lunge, hip hinge, hip rotation, trunk rotation, horizontal push/pull
 - Neutral spine, use hip ROM and strength
 - Bench press, sit-ups, biceps curls have limited carryover to hockey

3. Most critical moments of any event are anaerobic

- Rarely will an athlete be moving at full speed for entire shift
- Explosive bursts
 - acceleration, races, battles, shot, direction change, post to post, checks
- Aerobic system important for recovery between shifts, breaks

4. Most critical movements of any game are performed on one foot

- Shots, passes, hits, acceleration, direction change
- Emphasis on training on one foot
- Stability → strength → power

5. Strength & power cannot be optimized if unstable

- First learn to control own body weight
- Minimize moving parts to those which are effectors
- Efficient energy transfer
- Majority of “core muscles” are designed for endurance, not power
- **Wider the base, higher the peak!**

6. Training must be coupled with proper nutrition and rest

- Adaptations occur in down time
- Timing and type of nutrient intake

7. Less is more / quality vs. quantity

- Development vs. peaking by Friday
- Keep it simple and digestible
- Some is good, more is not necessarily better
- Avoid overtraining

8. Practice makes permanent. Perfect practice makes perfect

- Be aware that improper technique is commonly and easily reinforced
- Once ingrained, improper habits are difficult to break

Other General Considerations

- Build body in off season in preparation for tearing it down during season.
- Goal of in-season training is to maintain off-season gains
 - Training movements 1-2 x/week
 - Energy systems as part of practice?
 - Off ice 1-2 x/week.

Other General Considerations

- Phasing from off season to playoffs
 - general preparatory → specific preparatory → peaking for performance

Other General Considerations

- Off ice game day warm-up
 - Movement patterns
 - Dynamic ROM
 - ↑ muscle temperature
 - O₂ uptake
 - Wake up neurological system
 - Focus for game
 - Balance preparation and fatigue

Thank You