

Preseason is an important time to prepare your body for the matches ahead. It also helps to develop good habits in your team that can develop discipline, team morale and reduce injury rates in the season ahead. It has been raised that one of the most common mistakes people make moving into a season is people not training like that would play. This affects both injury rates and performance of the individual person including their team performance.

One of the keys to training is to ready the body for the speed and forces that it will be subject to in a match. Like all the programs in different sports, focus on technique over volume. The following program provides a framework for improving strength, power and coordination.

The following exercise program is designed to target hockey. It should take around 15 minutes once practiced and should be completed at least twice a week (including during the season) for optimal benefits. Focus on quality of movement and technique.

Warm up:

- Jog
- Partner jog
- A Skipping
- High knees
- Butt kicks
- Calf bounces
- Walking lunge and rotation
- Walking hamstring/arabesque
- Walking gluteals
- Leg swings
- Partner jog dribbling ball

Strength exercises – complete one exercise from each muscle group:

- Hamstrings:
  - Arabesque
  - Nordic hamstrings
  - Dead lift with weight
- Quads/gluts
  - Lunges
  - Squats
- Calves
  - Single leg calf raise
- Core:
  - Hand and foot tap
  - Reach and raise
  - Plank and side plank
  - Single leg stance – partner

- Upper body:
  - Commando planks
  - Upright row

Agility – complete 4 exercises:

- Acceleration off the line
- Deceleration
- Dodge and decelerate
- Reverse sidestep
- Dodge with ball
- Y drill
- Dodge 180°

Focus points – don't let knees roll in. Work on quick footwork rather than changing direction force on knees.



We have an experienced hockey physiotherapist in our team who is happy to talk to your club about injury prevention. Carly Emerson is a passionate hockey physiotherapist who has experienced the sport from all aspects. Her playing experience includes State Junior Team representation, State Country Team representation, and extensive A grade Club experience. She has coached at varying levels and age ranges and provided physiotherapy services to junior representative sides. Her passion is around improving movement patterns to enhance performance.