



SAISON 2020-2021

**FRANCE HOCKEY
NATIONAL TESTING STANDARDS
U17/U20**

18/12/2020



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FÉDÉRATION FRANÇAISE
DE HOCKEY SUR GLACE

AGENDA

- Recap of the 1st round of National Testing and planning round 2.
- Individualizing training based on the player's Performance Profile and how to integrate it into the group workout.
- Collaborating with the Head Coach to prepare the return to competition after LOCKDOWN
- Round table questions...





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NATIONAL TESTING BATTERY

- 1. Bench Press 1RM** (estimated with 3-5RM)
- 2. Squat 1RM** (estimated with 3-5RM)
- 3. Strict Pull ups** x Max Reps
- 4. Long Jump** (Horizontal)
- 5. Lateral Jump** (Lateral)
- 6. Conditioning/Resistance** (On-Ice)

***The tests are easy to administer, efficient and require limited equipment. They can easily be repeated and integrated into a team workout



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RESULTS

ROUND 1 OF TESTS (OCTOBER 2020)

U17	(Kg)	Bench Press (1RM)	SQUAT (1RM)	Pull Ups	LONG JUMP	LATERAL JUMP (R)	LATERAL JUMP (L)
AVERAGE	66,6	65,1	98,3	7,4	229,9	200,4	200,0
TOP 5 AVG	88,2	85,8	125,7	18,6	263,2	233,6	229

114 PLAYERS

U20	(Kg)	Bench Press (1RM)	SQUAT (1RM)	Pull Ups	LONG JUMP	LATERAL JUMP (R)	LATERAL JUMP (L)
AVERAGE	74,6	80,3	134,5	10,0	241,2	209,9	209,4
TOP 5 AVG	94,7	104,8	195,2	17,8	274,8	241,1	239,2

106 PLAYERS



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RESULTS

U20 VS. TEAM FRANCE U20

U20	(Kg)	Bench Press (1RM)	SQUAT (1RM)	Pull Ups	LONG JUMP	LATERAL JUMP (R)	LATERAL JUMP (L)
AVERAGE	74,6	80,3	134,5	10,0	241,2	209,9	209,4
TOP 5 AVG	94,7	104,8	195,2	17,8	274,8	241,1	239,2

106 PLAYERS

FRANCE U20	Poids (Kg)	Bench Press (1RM)	SQUAT (1RM)	Pull Ups	LONG JUMP	LATERAL JUMP (R)	LATERAL JUMP (L)
AVERAGE	76,7	90,3		10,0	256,1	221,4	224,0
TOP 5 AVG	85,3	110		16	280	237	238

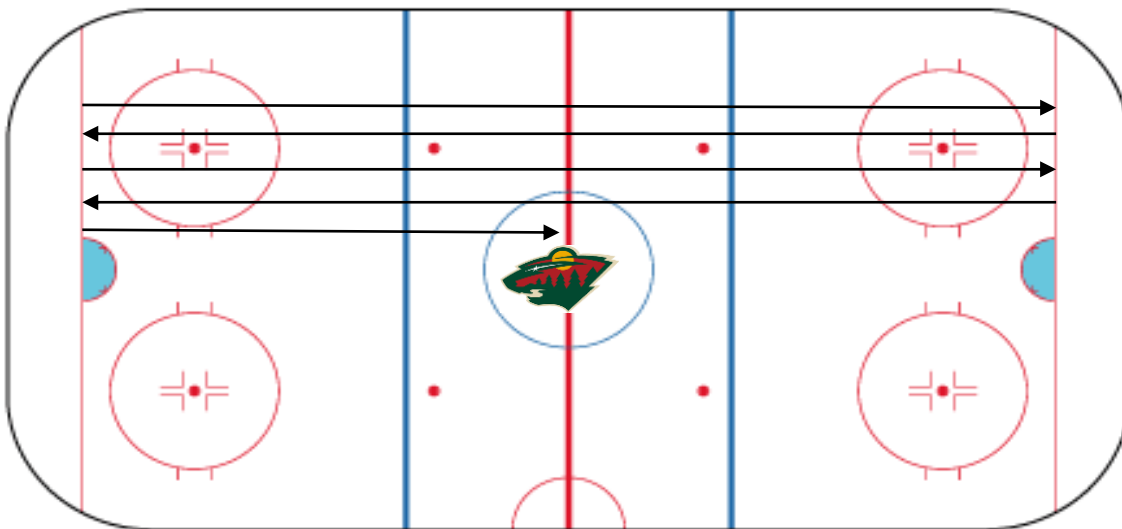
28 PLAYERS



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ON ICE RESISTANCE TEST



NIVEAU	PASSAGE 1	PASSAGE 2	PASSAGE 3	PASSAGE 4	PASSAGE 5
Best U20	36s	36s	38s	38s	40s

- *Décembre 2019*

Minnesota Test (Sean Skahan)

- Start on the goal line, skate 4 full lengths of the ice + $\frac{1}{2}$ length to finish at the Redline. Full stop at the goal line each time. That will be 1 Round.
- 5 Rounds total
- 2 min Rest between rounds
- The goal is to complete each round as fast as possible. The Fatigue index (Drop Off) will also be calculated



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TEST MINNESOTA

(OCTOBRE 2020)

U17/U20	Test Minnesota Average	Round 1	Round 2	Round 3	Round 4	Round 5
AVERAGE	41,6	39,0	40,5	42,7	43,3	42,9
Top 5 AVG	38,7	37,2	38,1	39,5	39,7	39,1

105 joueurs



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2ND ROUND OF NATIONAL TESTING

- Submit results by Jan. 22





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INDIVIDUALIZING TRAINING BASED ON THE PLAYER'S PERFORMANCE PROFILE AND HOW TO INTEGRATE IT INTO THE GROUP WORKOUT.



- Should these 2 players follow the same training program?
- MAYBE...
- « If you are not measuring, you are guessing »
- SOLUTION:

**PERFORMANCE
PROFILE**



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U20 PROFIL DE PERFORMANCE

Juillet 2020



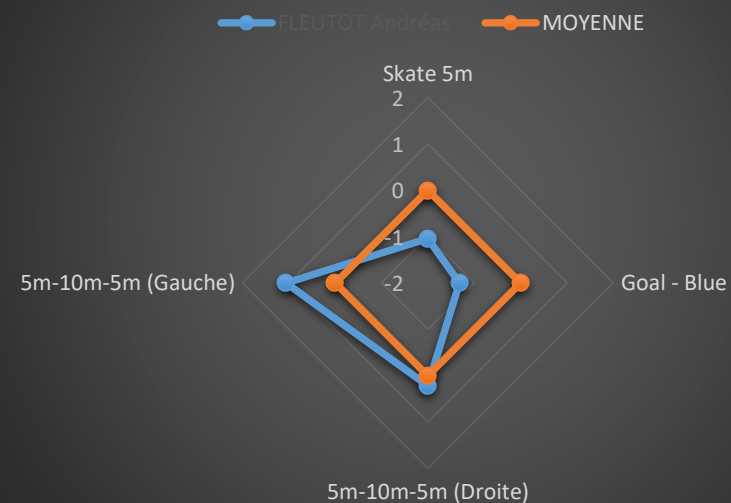
Hors Glace	Glace	Hors Glace + Glace
13	18	13
**sans gardiens		

COMPOSITION CORPORELLE					
Taille	Poids	Body Fat%	Team Best	Dorsiflexion Cheville (10 cm)	
175 cm	75 Kg	12.0%	5.10%	(G) non	(D) non
MOBILITÉ/SOUPLESSE DYNAMIQUE					
Y-BALANCE					
Anterior		Posteriormedial		Posteriorlateral	
Gauche	Droite	Gauche	Droite	Gauche	Droite
54 cm	57 cm	102 cm	109 cm	114 cm	104 cm
PUISSANCE VERTICALE					
		Résultat	Team Best		
CMJ		48.8	59.7 cm		
SQUAT JUMP (SJ)		36	44.7 cm		
PUISSANCE HORIZONTALE					
LONG JUMP		252	290 cm		
PUISSANCE LATÉRALE (GAUCHE/DROITE)					
LATERAL BOUND (G)		233	240 cm		
LATERAL BOUND (D)		233	245 cm		
FORCE (HAUT DU CORPS)					
BENCH PRESS 1RM		80	117 Kg		
PULL UPS STRICT		7	18 reps		
VITESSE HORS GLACE					
SPRINT 5m		1.07	0.97s		
SPRINT 20m		3.06	2.94s		
VITESSE (GLACE)					
Skate 5m (goal-faceoff)		1.29	1.12s		
Goal line to Blue line		3.17	2.66s		
CHANGEMENT DE DIRECTION (GLACE)					
5m-10m-5m (modifié) (G)		4.46	4.42s		
5m-10m-5m (modifié) (D)		4.66	4.31s		

Tests: Hors Glace



Tests: Glace





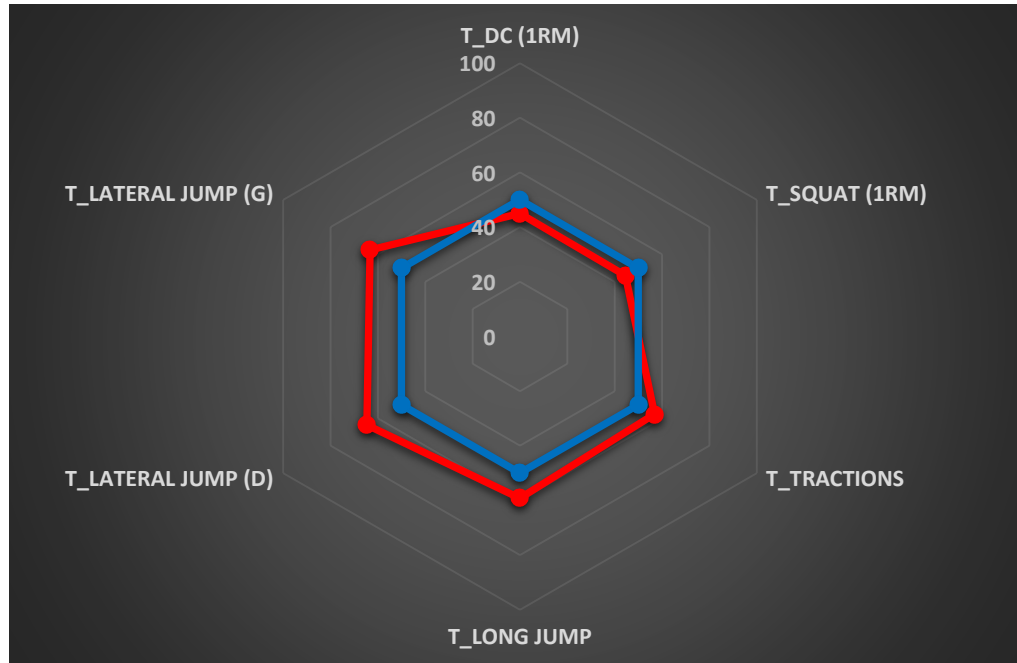
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PROGRAMMING BASED ON THE PLAYER'S PERFORMANCE PROFILE

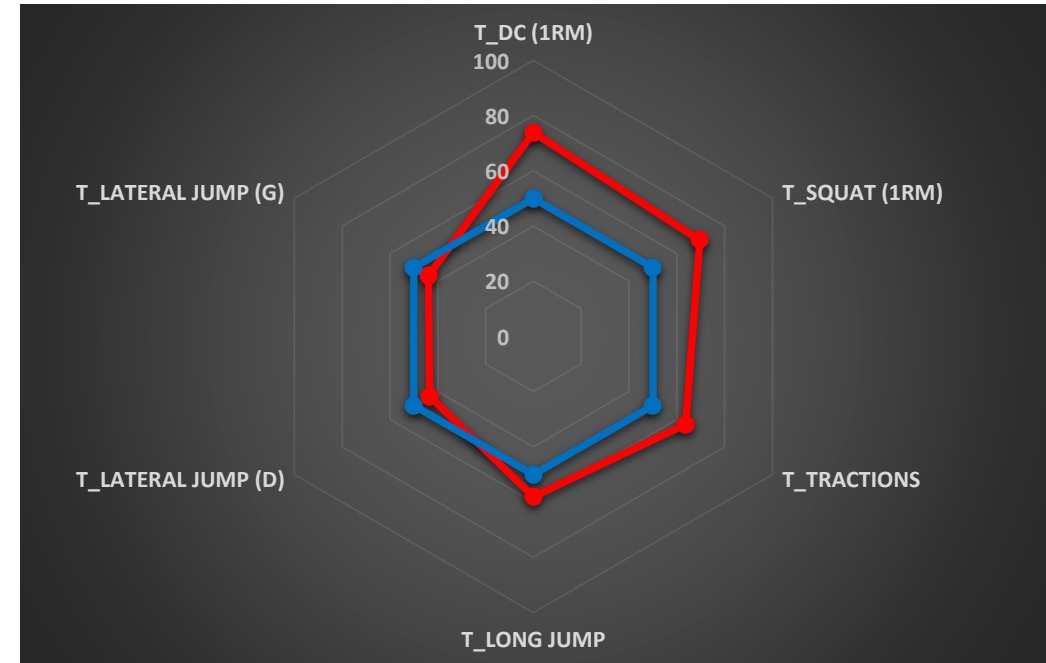
- Identify the strengths and weaknesses of the player
- Target a certain quality to work on based on your results.

POWER 



FORCE 

POWER 



FORCE 



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PROGRAMMING BASED ON THE PLAYER'S PERFORMANCE PROFILE



FORCE

Ex. 4 x 4-6 reps @80% 1RM



POWER

Ex. 4 x 4-6 reps @55% 1RM



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HOW TO INDIVIDUALIZE TRAINING IN THE GROUP SETTING?

How can I be effective organizing 3-4 different workout programs into 1 training session with:

- 25 players
- 1 hour
- Limited equipment
- All alone

- **Modify:**

- 1) Sets/Reps
- 2) %1RM
- 3) Tempo
- 4) Vitesse

Incorporate:

specific exercises or movements into the warm up and/or rest periods between sets. (ex. Plyos, mobility etc..)



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HOW TO INDIVIDUALIZE TRAINING IN THE GROUP SETTING?

- Ex: SQUAT

Force: 80% 1RM

Power: 55% 1RM

Vitesse: 30% 1RM



Umass Lowell

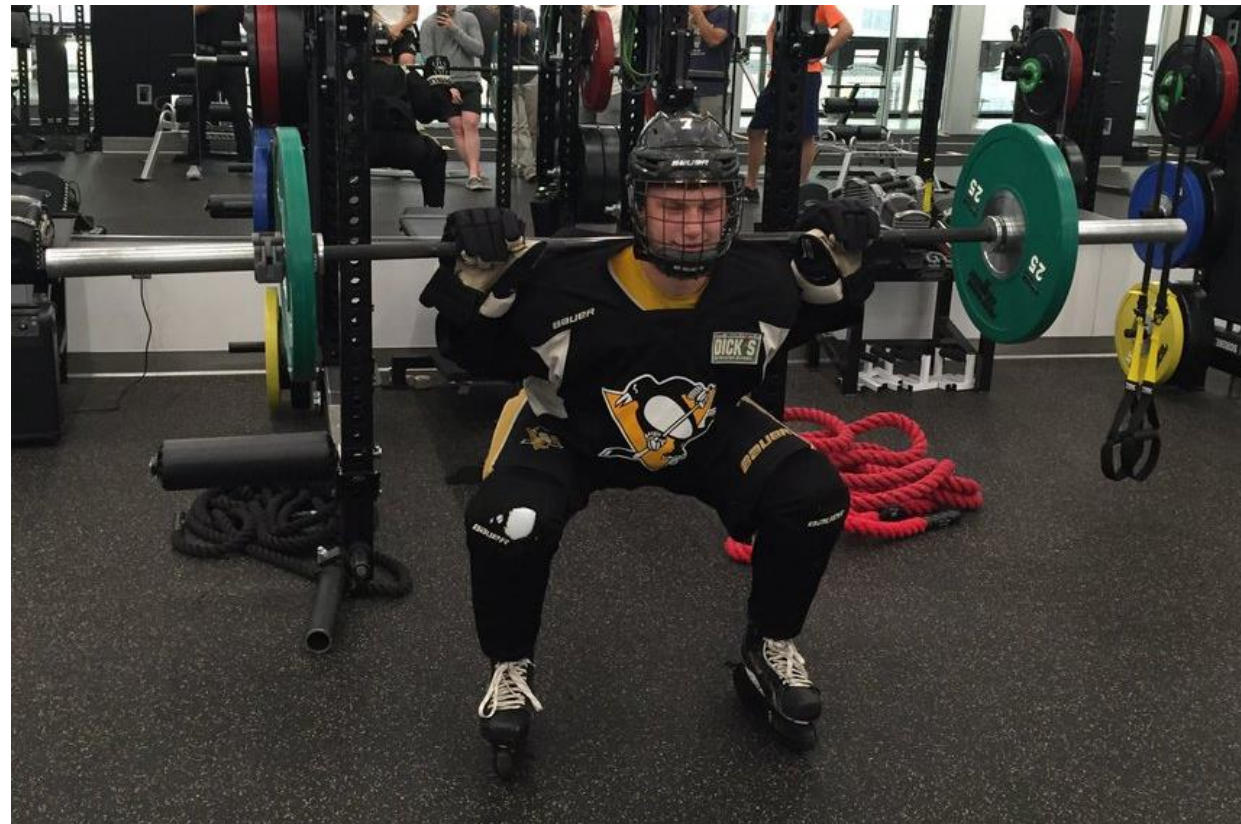
It may appear these players are doing the same workout, though many factors may be modified to individualize the player's specific needs while still using the same exercises.



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- Collaborating with the Head Coach to prepare the return to competition after **LOCKDOWN**
- Physical preparation for the return to competition cannot ONLY take place in the gym.





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- Collaborating with the Head Coach to prepare the return to competition after LOCKDOWN

- Collaboration and communication between the Strength Coach and the Head Coach is essential for the planification and execution of training sessions in the gym and on the ice.
- The goal should be to create a link between the work done in the gym and the work on the ice. Rather than be viewed as 2 separate entities.
- **Moving forward...**
- A collaboration between the S&C and Head Coach to build specific drills into the practice plan that address physical qualities (ex. Speed, Lactate Retention, Aerobic/Anaerobic Conditioning etc..)
- How do we know the plan is working? (RPE?)



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RPE...?

RPE (RATE OF PERCEIVED EXERTION)

- Each player will indicate his perception of the physical difficulty of the practice on a scale of 1-10
- **1= Very Light**
- **10= Max Effort**

RPE SCALE	RATE OF PERCEIVED EXERTION	© iRunMaps.com
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.	
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.	
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.	
4-6	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.	
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.	
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, slow walk, etc.	



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When returning to competition with 3-4 games/week. How do we find time to train?

POST GAME WORKOUTS ? (30 min)

3 x 6-8 reps @70-80%1RM

A1) Squat

A2) Bench Press

A3) Dumbbell Row

A4) DB Shoulder Press

A5) Bear Crawl

- Players are already warmed up and can start the workout immediately
- Adapt the training session based on how many minutes they played during the game.
- Adds an extra workout during the week.



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The most
dangerous phrase
in the language is "we've
always done it this way."

By: Arnold Gracey



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TRADITION

JUST BECAUSE YOU'VE ALWAYS DONE IT THAT WAY
DOESN'T MEAN IT'S NOT INCREDIBLY STUPID.