



THE BLACKSTICKS WAY: PERFORMANCE VISION 2019



THE BLACKSTICKS WAY: OUR GUIDING PRINCIPLES



PRIVILEGE NOT A RIGHT



CHOOSE TO SACRIFICE FOR THE TEAM



BE THE BEST ATHLETE FOR THE TEAM

THE BLACKSTICKS WAY: BRINGING OUR PRINCIPLES INTO ACTION

WHAT WE ARE LOOKING FOR.....

ATHLETES WHO LIVE THE TEAM VALUES

OUR PRINCIPLES:

PRIVILEGE NOT A RIGHT	CHOOSE TO SACRIFICE FOR THE TEAM	BE THE BEST ATHLETE FOR THE TEAM

OUR VALUES

TRUST	THRIVING TOGETHER	WORK ETHIC
YOU EARN YOUR TRUST AND GIVE YOUR THRUST	EMBRACE THE CHALLENGE	COMMITTED AND DEDICATED 100% OF THE TIME



ATHLETES WHO TAKE 100% RESPONSIBILITY



ATHLETES WHO **SHOW UP** EVERY DAY AND HIT THE BULLS EYE REGARDLESS OF THE SITUATION?

VALUES BASED, PURPOSE DRIVEN CULTURE

- *This is the foundation of THE BLACKSTICKS WAY, and our ability to sustain success on the world stage*
- *With our Principles being PRIVILEGE NOT A RIGHT, CHOOSE TO SACRIFICE FOR THE TEAM and BE THE BEST ATHLETE FOR THE TEAM and Values being TRUST, THRIVING AND WORK ETHIC*
- *The CHALLENGE for us a SUPPORT CREW is to ALWAYS BRING THESE PRINCIPLES AND VALUES TO LIFE into the LIVES OF THOSE WE LEAD!*
- *We as the current BLACKSTICK MANAGEMENT need to become MASTERS at turning VISION INTO EVERYDAY ACTION and PURPOSE INTO our EVERYDAY PRACTICE.*

MY ROLE AS BLACKSTICKS LEAD TRAINER

END PRODUCT

- *“WORLD CLASS HOCKEY PLAYERS” who exhibit High levels of Hockey Fitness with a very high Work rate and athletic ability and the ability to do this at High Intensity and Speed and show have levels of resilience and mental composure and clarity.*
- *Fit, Fast, Athletic, Resilient & Powerful Players conditioned to handle the extremes of International Tournament Hockey*
- *The emphasis is on creating “WORLD CLASS HOCKEY PLAYERS” and to do this an integrated playing system is employed to ensure EVERY ASPECT OF OUR PREPARATION is linked to achieve this.*
- *This principle underpins all aspects of performance training from Performance Nutrition, Mindset & Recovery, Strength & Conditioning, Injury Prevention & Skill Tactical and Technical Development*

SESSION STRUCTURE OPTIONS

Warm Up

1. *R= Raise Body Temperature Options 5min: Warm up Game: Agility front and Back of Player*
2. *A=Activate & M= Mobilize 5min: Key Patterns*
3. *P= Performance Enhancement 10min: Set area: Skill Basics: PASS, TRAP, MOVE, RECEIVE*

Though the performance component may only comprise 10-minutes of the warm-up, constructing a warm-up in this way optimises the athletes total training hours over a long training cycle

- *e.g. 10mins x 4 days a week for 12 weeks equals an extra 8-hours of performance-based training.*

The performance component (e.g. agility, plyometrics, or speed) can, and perhaps should be changed regularly.

- *Eg: weeks 1-4 of a training cycle may focus on speed development*
- *Weeks 5-9 may focus upon agility development.*

Alternatively, the coach may wish to change these performance components on a daily basis.

- *Whereby training day 1 (e.g. Monday) may focus on speed development,*
- *training day 2 (e.g. Tuesday) may focus upon plyometrics and so on.*

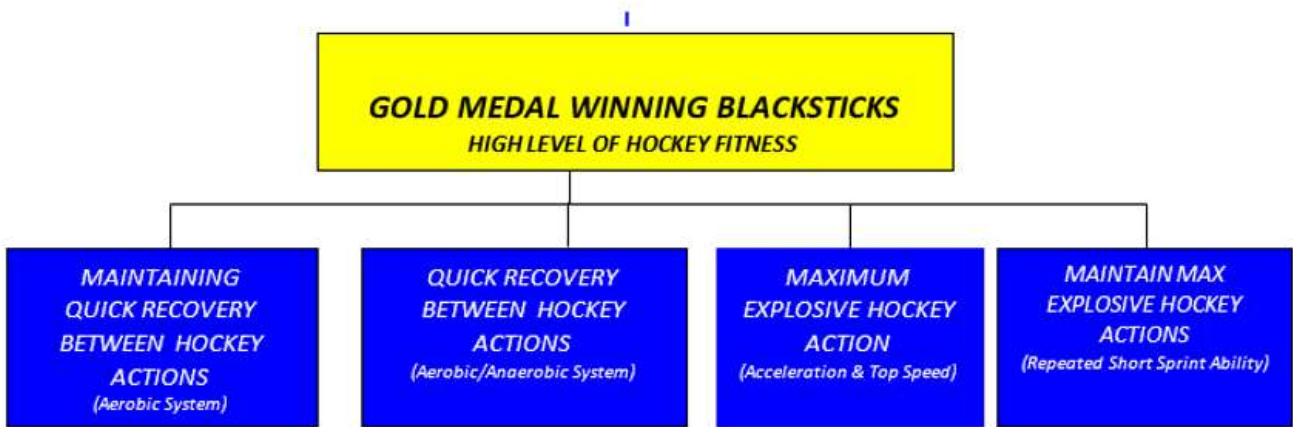
- The coach may also wish to be more specific with their approach and tailor each performance component of the warm-up to each athlete's individual needs.

This performance-based modification of the RAMP protocol should, in theory, maximise training efficiency, and thus optimise the overall training effect – meaning a greater improvement in athletic performance can be achieved.

PERFORMANCE PROFILING: PRACTICE & THEORY

1. REPEATED SPRINT TEST: 6 X 15/15 leaving every 20sec

- Will get them all to run the repeated Sprint test takes 2min to run so will do everyone at once so they can feel whats it's like
- Then run them through the theory or why we profile and how it impacts programming and performance



MAS PROFILING

- Will get them all to run the MAS which profiles the Aerobic Endurance a key pillar of our conditioning system, this is 16 lengths of the turf should take between 5-7min to complete depending on how fit they are
- Will they relate this to where they currently sit up against the Blacksticks Men and Women and how we use this in our day to day training environment

<5.15	GOLD MEDAL
<5.15-5.30	WORLD CLASS
5.30-5.45	EMERGING
>5.45	DEVELOPING

- Outline rest of testing we perform and why

CLEAR PHYSICAL STANDARDS

	GOLD MEDAL	WORLD CLASS	EMERGING	DEVELOPING
YOYO	20.1	19.1	18.1	<17.8
MAS	<5.15	5.15-5.30	<5.45	>5.45
5m	<1.00	1.00-1.05	1.05-1.10	>1.10
10m	<1.79	1.80-1.84	1.85-1.90	1.90>
40m	<5.40	5.40-5.65	5.60-5.85	5.85>
DEPTH JUMP 40cm (Reactive Strength Index)	1.40>	1.20-1.40	1.00-1.20	<1.00
CMJ (PV)	3.20 >	2.90-3.10	2.80-2.90	<2.80
SJ (PV)	3.10 >	3.00-3.10	2.80	<2.80
HIP THRUST	1 Rep at 3 x BW	3-5 reps at 2 x BW	3-5 reps @ 1.8 x BW	2-3 reps at 1.5 x BW
PULL UPS	1 rep max at 0.2 x BW or 8 reps Body weight	1 rep max at 0.2 x BW or 8 reps Body weight	6 reps @ Body Weight	3 reps @ Body Weight
BENCH PRESS	1.1	1.1-0.9	0.90-0.75	0.60- 0.75
NORDIC DROPS	TBC	TBC	TBC	TBC

TRAFFIC LIGHT CODING, CONSISTANT STANDARDS & FEEDBACK, PLAYER ACCOUNTABILITY

HIGH LEVELS OF ATHLETIC ABILITY: FIT, FAST LEAN, HIGHLY ATHLETIC, RIGHT CHARACTER THAT CAN PUSH THROUGH BARRIERS

THE ATHLETIC ABILITY OF FEMALE HOCKEY PLAYERS WILL CONTINUE TO TAKE ANOTHER LEVEL ITS KEY WE ARE AT THE FOREFRONT OF THIS TO ENSURE WE CONTINUE TO BE SUCCESSFUL...

STAYING TRUE TO OUR PHYSICAL BLUEPRINT IS ESSENTIAL FOR FUTURE SUCCESS

Blacksticks Men

2	Aerobic Power and Capacity	Enhance the ability to handle the running load required in an international hockey match and training week. A higher MAS = less physical exertion required to achieve the demands of the game	Fitness Test (sec)	<4.45	4.46-5.00	5 min
3	Acceleration	Having a high ability to rapidly increase running velocity is linked to key outcome measures in international hockey	10m Speed	-1.6 sec	1.6-1.65sec	+1.65 sec
4	Max Speed	1-7 times per game a maximal effort sprint of greater than 20meters is required, these sprints are normally key moments in a game and the ability to reach near maximal velocity in a game can often be linked to successful instances in a game	GPS Fastest Speed	>33.3 km/h	31-33.2 km/h	-33 km/h

PRINCIPLES OF PRACTICE TO WIN WITH PURPOSE AND UNDER PRESSURE

KEY PRINCIPLES

- I. HOCKEY TRAINING is CONDITIONING and CONDITIONING is HOCKEY TRAINING
- II. The main characteristic of a HIGHER LEVEL of play is LESS TIME AND SPACE TO EXECUTE HOCKEY ACTIONS
- III. Therefore, if players get less time and space for actions they need a HIGHER SPEED OF ACTIONS, which therefore becomes the main objective in International Hockey
- IV. As a result of this thinking we need to think of HOCKEY AS AN EXPLOSIVE SPORT

PERIODIZATION MODEL

- TRAFFIC LIGHT SYSTEM
- WEEKLY TRAINING PERIODIZATION
- MONITORING

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00							
06:30							
07:00							
07:30	Training 7:30-9:30	Strength & Conditioning 7:30-9:00			Training 7:30-9:30	Set Plays or Skill Development 7:30-8:30	
08:00							
08:30		Set Plays or Skill Development 9:30-10:30				Strength & Conditioning	
09:00	Meetings 8:30-10:30am				Meetings 8:30-10:30am		
09:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30				Strength & Conditioning own time			
13:00							
13:30							
14:00							
14:30							
15:00						Club hockey if applicable	
15:30							
16:00							
16:30							
17:00							
17:30			Training 17:00-19:00				
18:00							
18:30							
19:00							
19:30			Meetings 18:00-20:00				
20:00							

PRINCIPLES OF PRACTICE TO WIN WITH PURPOSE AND UNDER PRESSURE

INTENSITY OF PREPARATION 'TRAINING TO WIN'...

- **THIS CONDITIONS THE BRAIN AND BODY TO PERFORM UNDER PRESSURE. ITS LETS PEAK PERFORMANCE BECOME AUTOMATIC. IT DEVELOPS A MINDSET TO WIN.**
- **ITS ABOUT PERFORMING UNDER PRESSURE ON THE TURF WHERE IT MATTERS, TO DO THAT WE NEED TO TRAIN THAT WAY,**
- **That way when we do it for real...ITS AUTOMATIC...WE DON'T THINK WE JUST DO. PRESSURE is a PRIVILEGE it's a GOOD THING**

Therefore in summary BY TRAINING with INTENSITY, we make our PERFORMANCE MORE AUTOMATIC, better able to STAY ON TASK. If we can CONTROL OUR ATTENTION, then we can CONTROL THE THINGS we CAN CONTROL, without worrying about THE THINGS WE CAN'T.

- **WE HAVE PURE CLARITY, ACCURACY and INTENSITY.**
 - I. **Practice with INTENSITY, to DEVELOP THE MINDSET TO WIN...TRAIN TO WIN**
 - II. **The TRAINING DECISION MAKING WISE, should be HARDER THAN THE GAME,**
 - **To do this implement an OVERLYING PRINCIPLE of THROWING PROBLEMS AT THE TEAM.....UNEXPECTED EVENTS....FORCING them to SOLVE THE PROBLEMS in REAL TIME ON THE PITCH.**
 - **By throwing ALL SORTS OF PROBLEM SOLVING SITUATIONS AT PLAYERS and RAMDOMISING SITUATIONS we will get BETTER LONG TERM LEARNING**
 - **This also BRINGING ALIVE ONE OF OUR VALUES**

III. DO THE 1%ers

Be MORE PREPARED than your Opposition



- III. An Example of this might be our training in the Build up one of our matches where the training 2 days out is ALL ABOUT INTENSITY. In training we do not stop for mistakes. The Reason is the opposition teams DON'T STOP FOR THE BLACKSTICKS ERRORS, they try and take ADVANTAGE OF THEM, so WE NEED TO TRAIN THAT WAY and ADAPT QUICKLY with Clarity and Accuracy.
- IV. THERE ARE NOT SHORTCUTS to MASTERY....Its TIME IN THE SADDLE 'DOING THE MAHI' with REPS or MILEAGE accuracy and INTENSITY
- V. CONTINUE TO DEVELOP OUR PROGRAMME of TRAINING FOR MENTAL RESILIENCE ON and OFF the PITCH...its CONTINUOUS and PROGRESSIVE and FOCUSED on LONG TERM DEVELOPMENT, IMPROVEMENT AND CHANGE...this is NOT OPTIONAL!

LONG TERM MENTAL RESILIENCE CONDITIONING PLAN ON PITCH

- The complete athlete is the product of a systematic training program that addresses all aspects of performance in order to achieve the highest level of performance. A conditioning system that involves the development of a SKILL LADDER.



This helps the players acclimatize to PRESSURE develops CLARITY, ACCURACY, AUTOMATIC EXECUTION and SITUATIONAL AWARENESS. It begins by



1. Building Technique: **1 v 1 ELIMINATIONS**
2. Increasing Pressure: **1 v 2 ELIMINATIONS**
3. Introducing REAL GAME TIME PRESSURE: **MAS RUNNING THEN SMALL SIDE GAMES 8 v 8**
4. Reduce the intensity and focus again on Technique
5. Keep REPEATING UNTIL its AUTOMATIC.

Embedding this in our TRAINING TO WIN plan helps to ensure we have a clear system in place leaving us and the athletes feeling in CONTROL of our DESTINY, developing our MENTAL, PHYSICAL and TECHNICAL PERFORMANCE as ONE SYSTEM and developing unconscious competence and CLARITY as we PROGRESS.

Principles:

- *Hockey is complex and unpredictable with no action or situation being the same*
- *Hence the need to leave the Hockey context in training as much as possible intact to ensure the relation to the game is always recognizable for players during training drills and exercises*

Training Session Objectives

- *The starting point for trainings should be with the actual game, with drills games etc being simplified/modified to get the required stimulus.*
- *This is achieved by reducing the game specific resistances until the obtained training aim can be realized by the players and asking the following questions*
 1. *Is Hockey being played*
 2. *Is Hockey being learned and therefore taught*
 3. *Is Hockey being experienced and enjoyed*
 4. *Do the players understand the Hockey Purpose of the exercise and how it relates to our playing system?*
 5. *Do the players recognize the game related intention?*
 6. *Are the players challenged to improve both individually and as a team on and off the pitch?*

Player Considerations: Training Age

Year 1 Athletes

- *Need to build resilience and ability to be running 6 times weekly*
- *Large emphasis on strength development 3 x weekly*
- *Minimal extra loading outside of Hockey & S & C sessions with a focus on Aerobic Endurance Threshold and Capacity*

Year 2-3 Athletes

- *Large emphasis on speed and power*
- *Increase harder conditioning sessions gradually max of 1-2 per week*

Year 3-5 Athletes

- *Large emphasis on improving fitness, while improving speed and power*
- *Focus on Injury Prevention Mobility & Flexibility*

Year 6+ Athletes

- *Maintain training load and physical abilities, aim for small gains where needed, with the main focus on physical maintenance with a focus on continual skill development*
- *Continued Focus on Injury Prevention Mobility & Flexibility*