

**2019 NSCA HOCKEY
STRENGTH & CONDITIONING
CLINIC & LIVE STREAM**



Conflict of Interest Statement

I have no actual or potential conflict of interest in relation to this presentation.

Bridge the Gap: Understanding Energy System Development in Hockey

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Hands On Session

Using the Bike as an ESD Tool

1. Bike fit
2. Pedaling mechanics
3. Using cadence to improve power
 - Power = Force x Velocity
 - Low cadence work accentuates the Force component
 - High cadence work accentuates the Velocity component
4. Favorite workout to develop aerobic power with lactate support
Rounds of 2 minute intervals (1st minute top of green, 2nd minute red) with recovery HR to 99

Developing Foot Strength

- Toe raises
- Heel raises

- Build to 4 sets of 25 over time

Run Drills

1. Arrow
2. Troop G Special
3. Bunny Hop – progressing to Single Unders

Used in the initial stages of a distance running warm up