

TOOWOOMBA HOCKEY

REPRESENTATIVE TEAMS GUIDE LINES

WARM UP

1. General slow jog over some distance then active ballistic. (Approx 15-20 min before stick and ball) Individual static stretching if required for players who need to do that after completion of the active component.

2. WARM DOWNS

- (A) After game slow jog then static stretching (Approx 10 minutes)
- (B) Rehydration (**SPORTS DRINK**) and Water.
- (C) Recovery Snack. High in carbohydrates, sugars (EG. White bread, Banana, Glucose lollies, snakes, honey) Best WATER MELON.
- (D) (**B/C CRITICAL, window of 20 minutes after game is finished**)

3. RECOVERY

- (A) Ice Baths (EG: 3minutes in) Hot shower after or Pool. **AFTER EVERY GAME.**
- (B) (Hot and cold showers, 1 minute hot then 1 minute cold 4 times)
- (C) Pool recovery (Stretching, laps, approx 15 minutes)

4. RECOVERY MEALS

Attached hand out

DAILY AGENDA.

1. Walk and stretch (15-20 minutes) early morning. (NOTE TO BE DONE EVERY DAY)
2. Hydration must drink all day and into the night just prior to bed. (**WATER**)
3. CHECK ON HYDRATION. (First urine sample in the morning should be **CLEAR**, if not the player is not fully hydrated)

Characteristics of the best Team Meetings

1. Objectives are clearly identifiable
2. The opportunity for dialogue rather monologue exists
3. All relevant parties are heard
4. Clear conclusions and/or actions are determined

Common Factors of the most Effective Pre-Match meetings

1. Positively structured comments that promote confidence
2. Emphasis upon how the opposition will have to adapt to the teams strategies rather than visa versa.
3. Promote strengths before any potential weakness
4. Utilizing players to state or reinforce key messages
5. Talks that start with the individuals contribution and then move on to the teams responsibilities

Best Practices for half-Time-Briefing

1. Having a system so that everyone will be ready for any group talk at roughly the same time
2. Speaking individually to all the players considered early in the half-time.
3. Making only two or three points as a whole as more than this is unlikely to be absorbed
4. Focusing on what the players are doing to do and not on what has happened.

DE Brief.

1. Feed back from the players.
2. Positives from the coaches
3. Things to improve on for next game

Daily Agenda.

1. Daily Schedule for all to see
2. Playing time roster up dated after every game or after days play.
3. Injury management if needed
4. 1v1 meetings with players who are not performing to expectations
5. Talk with group leaders,(EG Selections, Improvements in the team game)
6. Team Meetings
7. HYDRATION CHART. (CLEAR<LIGHT<MEDIUM<DARK)players responsibility.