

SASI Hockey – Training Load Frameworks and Training Phase Guidelines

U18 Training Load Framework *(doesn't include stretching/core home programs/game knowledge education activities)*

Sessions	Tournament	In-season	Transition
Strength	2 x week	2 x week	2-3 x week
State	2-3 x week		
Club / school	*1 x week	1 x week	
Match	1 x week	1 x week	
SASI skill development	*1 x week	1 x week	1 x week
Other	*1 x week <i>(possible game – not to be consistent part of quota)</i>	*1 x week <i>(possible game – not to be consistent part of quota)</i>	*1 x week
Total quota	6-7	5-6	4

U21 Training Load Framework *(doesn't include stretching/core home programs/game knowledge education activities)*

Sessions	Tournament	In-season	Transition
Strength	2 x week	2 x week	2-3 x week
State	2-3 x week		
Club	*1 x week	1 x week	
Match	1-2 x week	1 x week	
SASI skill development	* 1 x week	*2 x week	*2 x week
Other	*1 x week	*1 x week	*1 x week
Total quota	7-8	6-7	5

Senior Training Load Framework *(doesn't include stretching/core home programs/game knowledge education activities)*

Sessions	Tournament	In-season	Transition
Strength	2 x week	3 x week	3 x week
State / National	2-4 x week		
Club	*1 x week	1 x week	
Match	1-2 x week	1 x week	
SASI skill development	* 1 x week	*2 x week	*2 x week
Other	*1 x week	*2 x week	*2 x week
Total quota	7-8	6-7	5-6

Tournament Protocols

Introduction

Optimise your performance by following these protocols before, during and after tournament. The protocols are designed to provide simple guidelines that you can follow to ensure that you are ready to perform at your best.

Taper (Pre-tournament)

Purpose: reduce residual fatigue and sharpen speed, power and endurance in the lead-in to a tournament.

This is best achieved by reducing the overall training load in the lead-in to the tournament and by following the travel protocols.

Days out	Training	Key Points
7	Match / Intense training session	Last match pre-tournament
6	Light skills / recovery	Emphasis on recovery
5	Strength + skills	Last day for running intervals or RSA
4	W/up plus 12-15 min of skill based conditioning at match intensity e.g., 3 x 5min / 2-3 min active recovery	
3	Last strength session	
2	Travel + light skills session (20-30min)	
1	Pre-match w/up + up to 20min skills	

Tournament

Purpose: accelerate recovery between matches.

This is best achieved by: (Contact SASI support staff for more specific information in targeted areas)

- Refuelling (formula 1 food for formula one engines)
- Cooling down and stretching effectively post-match (restore full range of motion)
- Using physical therapies such as cold-water immersion, pool recovery, massage (to enhance regeneration)
- Quality sleep

Post-tournament

Purpose: reduce residual fatigue, rehab any injuries and regenerate systems.

This is best achieved by taking a short break from training and focusing on recovery-oriented activities, followed by a gradual increase in training load once training resumes.

Days post	Training
1	Rest
2-3	Massage + water recovery session
4	Walk 20-30 min & stretch
5	Swim or water run (15-20min)
6	Walk 20-30 min & stretch
7	Rest
8	Strength + 20min skills
9	30-45 min skills
10	Strength + 20 min skills
11	Water run / massage
12	Rest
13	30min run
14	Rest

Summary of Key Points

You can optimise your performance by accelerating your recovery between matches and post-tournament simply by:

- Eating well and refuelling appropriately.
- Stretching (post-match).
- Sleeping well.
- Using physical therapies such as massage, cold-water immersion and pool recovery.