



FLOORBALLING

OFF SEASON

BY FLOORBALLING





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INTRODUCTION

The aim of this document is to provide a basic overview of summer training for all floorball players. We realize that not all floorball players and coaches have the opportunity to work with professional fitness coaches and physiotherapists, and this document serves as an insight into the issue of conditioning.

At the same time, this document does not and cannot have the ambition to satisfy all players at different levels and of different ages.

The current fitness requirements to the highest level and the development of these requirements is a strongly individualized program, in which you cannot do without regular testing and measurement of the current condition.

On the contrary, we want to provide the general floorball public with a simple form of basic understanding of what to do in which phase of summer training, what not to do and how to approach the preparation.

Another and important ambition is to create the largest possible exercise battery of exercises and drills for floorball communities around the world, to which everyone can return, draw inspiration from and expand their knowledge easily, in one place.



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HEALTH AND SAFETY

This document is educational in nature. If you are going to work with this document, you must always base it on your current state of health.

Do not take the information in this document as individual medical advice or treatment. If you are not sure whether you can handle a particular training or exercise, seek the advice of a doctor or other expert.

The authors of this document bear no responsibility for damages and possible injuries that may arise from its use. Do not forget that you bear full responsibility for your health and handling of the information in this document.





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PROGRAM LENGTH

This document is compiled for a preparation duration of 14 weeks.

During these 14 weeks, we will go through all stages of the Off season and their main content.

Before you start, calculate when you have your first league match. Subtract 14 weeks from it. Now you have a date when you can start.

Here we go...

1. ANATOMICAL ADAPTATION 4-7 weeks

Stage 1 1-2 weeks

TESTING

Stage 2 3-5 weeks

2. STRENGTH MAXIMALIZATION 3-4 weeks

TESTING

3. TRANSFORMATION 2-3 weeks



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1 ANATOMICAL ADAPTATION

The first part of the off-season is Anatomical Adaptation – it is the phase of preparation when we gradually prepare the body for higher loads and more intensive training. The aim of this phase is to improve the stability, coordination, strength and endurance of muscles and to adapt them to more complex exercises in the next phase of summer training. Anatomical adaptation consists of 3 phases- Stage 1, TESTING and Stage 2.

STAGE 1

Duration:

1-2 weeks

Goal:

At this stage of summer preparation, we begin to activate the body for the future load. We perform the exercises at a lower intensity and focus on the highest quality performance. In the future, the stock of exercises from STAGE 1 will be used to prepare a warm-up and activate both before training and, for example, before a match.

Frequency:

3-5 practices / week



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HOW TO BUILD A WORKOUT

In this document, we will show you how to set up training in stage 1.

You can find videos for individual exercises in video training!

WARM-UP	20 min
Myofascial release	4 min
Rest	1 min
Jogging	4 min
Rest	1 min
Work out with own body	4 min
Rest	1 min
Dynamic stretching	4 min
Rest	1 min



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HOW TO BUILD A WORKOUT

MAIN PART: 50 min

Athletic alphabet 5 min

Rest + drink 1 min

Jumping rope 5 min

Rest + drink 1 min

Core drills 15 min

Rest + drink 1 min

Injury prevention 10 min

Rest + drink 1 min

Mobility 10 min

Rest + drink 1 min

COOL-DOWN: 20 min

Jogging 5 min

Stretching 15 min



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MYOFASCIAL RELEASE

It is a technique used to release tension and improve flexibility in muscle and fascial tissues. Fascia is a thin layer of tissue that surrounds muscles, tendons, and organs in the body. Excessive stress, poor posture, or repetitive motion can lead to hardness and stiffness of the fascia, which can cause pain and limited mobility.

Myofascial release is performed using a roller or a ball. Thanks to the pressure on the muscle, tension and adhesion in the tissues will be released, flexibility and elasticity of the muscles and fascia will be improved, blood circulation will be improved and pain will be reduced.



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JOGGING

Jogging is a form of running at a lower intensity. It is the most natural movement and is ideal for activating the body not only in STAGE 1.

Jogging is also a suitable option as a cool-down when you do it at a lower intensity and without shoes. You can do jogging outside, on a treadmill, but also in the hall.





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DYNAMIC STRETCHING

It is a form of stretching that involves movements and dynamic stretching of the muscles as the body moves. The goal of dynamic stretching is to improve flexibility of muscles and joints, increase body temperature and prepare muscles for physical stress.



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ATHLETIC ALPHABET

It is a set of basic movements and techniques that are the basis for most athletes. The athletic alphabet serves to develop basic movement skills and for floorball players is of irreplaceable importance for improving the running technique, agility and speed.



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JUMPING ROPE

This is a basic exercise that is ideal for developing coordination, speed, but also endurance. It all depends on the intensity. We will use it in STAGE 1 as an ideal supplement for activating the body. Thanks to jumping rope, you develop not only coordination but also rhythm and tempo of movement. In STAGE 1, we recommend not to exceed 100 bounces per 1 practice.



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CORE DRILLS

Core exercises focus on strengthening the deep muscles of the trunk, spine and pelvic floor. These exercises focus on activating the muscles that are important for maintaining proper body position and stability. These are the Transversus abdominis, multifidi, pelvic floor muscles and others.



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INJURY PREVENTION

Injury prevention includes a set of a large number of exercises, in which we can also include core exercises, dynamic stretching or mobility. In our document, we will describe exercises for the prevention of injuries to the lower extremities, most often the knee and ankle. This is a stabilization exercise, but also an exercise from the category of landings. It is important to learn how to brake and rebound before we start full sprinting.



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MOBILITY

Mobility is the ability to perform movement within a physiological range in a free, fluid and efficient manner. Good mobility is important to maintain flexibility, proper mobility, but also to prevent injuries.

Each joint has its natural - physiological range. However, if we do not use it correctly, or on the contrary, overload it, the range of motion can decrease, which results in a deterioration of the efficiency of the movement, but also pain and susceptibility to injuries.



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STRETCHING

By the term stretching we mean stretching at the end of the practice. It is a set of exercises during which we stretch the muscles in order to increase flexibility, reduce the risk of injury and improve mobility. During stretching, it is important to follow several principles.

Take the position and move slowly to the extreme position. This position should not hurt, you should feel a pleasant stretch. Stay in this position for at least 30 seconds and breathe regularly (do not hold your breath). After 30 seconds, you will feel the muscle "melt" and you can move on to get more range. Never oscillate in the final phase! During stretching, you need to be relaxed, if you are tight, stretching will be more difficult for you. Keep in mind that, like any exercise, stretching is a very individual matter. Focus on the segments you need to stretch.



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TESTING

If you train honestly, after stage 1 you will have an activated and toned body. After stage 1, FITNESS TESTING will await us

To be continued...

