

## Notes from Lynn Booth, EH physiotherapist.

### Umpire warm-up & cool down

- Your warm-up should be designed to improve your performance, it is an important part of your preparation.
- This should focus on specific movement patterns, replicating what will happen in a game.
  - Side stepping, quick acceleration and deceleration, running curves, changes of direction etc.
- It is important that the body remains in alignment, in order to avoid injury and aid conditioning.
  - Some stretching in front of a mirror will help get this correct!
- Static stretches at the end of range should be avoided as this can actually hinder performance when included in a normal warm-up routine.
  - The muscle wants to shorten after being held in a static stretch, reducing performance.
  - This (static stretching) can, and should, be part of a conditioning routine to help develop flexibility but, when the muscle is warm. Such as after a shower or bath in a steamy environment!
- During the warm up:
  - Jog to increase Heart Rate.
  - Alternate jog / stretch for the duration of your warm up.
  - Dynamic movements taken only to your current **normal** range, not beyond (this also results in the muscle wanting to shorten).
  - Include some "pattern" runs.
- At half-time:
  - Stay warm!

- **Put on layers**, even during a 5 minute break on a warm day. The fittest of umpires will actually lose heat very quickly, and faster than those who are less fit.
- Keep moving.
- Include some more pattern runs, and stretching, into the half time stoppage (just before returning to the game).
- During the cool-down:
  - Once again, stay warm - put on your layers.
  - You should be aiming to return the muscle to its previous (normal) length.
  - Include some light jogging and stretching (again alternating the two).
  - **Don't** push / over stretch.
- Suggested conditioning exercise: (can be incorporated into warm-up & cool down)
  - jump into a squat and hold, without falling forward, holding your landing as if in a sitting position.
  - Everything should remain aligned, no wobble!
  - Start short, from two feet to two feet.
  - As you improve, increase the distance a little.
  - Advance to hopping onto alternate feet, **hold your form**. Maintain alignment and balance.(Everything pointing straight forwards)
  - Advance to jumping sideways, onto one foot.
- Create your own isotonic drink!!
  - In 1 Litre of water; mix 1/5 (200 ml) of your favourite, full sugar, cordial with 4/5 (800 ml) of water and 6 grains of salt.
  - If you use Lucozade, of similar, drink it 50/50 with water. i.e two bottles.
    - Water will quench your thirst before you are rehydrated and carries no energy.

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- Don't forget, if you're thirsty you're already dehydrated. Recouping this is very difficult.
  
- In hot conditions make the mix slightly weaker - no need for salt tablets!

Further information on the FIH website at:

<http://www.fih.ch/files/Sport/Umpires/Umpires%20Fitness%20Training%20Manual.pdf>

<http://www.fih.ch/files/Sport/Medical/Nutrition%20guidelines.pdf>

And EH website at:

[http://www.englandhockey.co.uk/core/core\\_picker/download.asp?id=5071](http://www.englandhockey.co.uk/core/core_picker/download.asp?id=5071)