

F - Spin Class on Exercise Bikes – U18 Girl's – Player Led

Key Points:

Work the various aerobic and anaerobic energy systems and pay attention to the work/rest ratio. There was confusion on the date of the Spin Class and no instructor was there. The players took control and instead of going home they warmed up with a few laps around the track, did core exercises with each player leading one and then Kiera, an assistant captain took the leader bike, mike and music and led a 30 minute spin session.

Description:

Players take turns sprinting on the bikes. They are in groups and play Rock – Paper – Scissors to choose which group goes next.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120314084907424>

<https://youtu.be/EUou3FsTHQQ>

