

IIHF, 26.Feb24

HIGH PERFORMANCE









Schenker Storen
DE LA ROSE
95

CALANDA
BRANDT
00
CALANDA

UBS

BAUER

BAUER

Schenke
Stor

UBS



Schenker Storen

Schenker Storen

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WINNER 2024

WINNER 2024

WINNER 2024

WINNER 2024

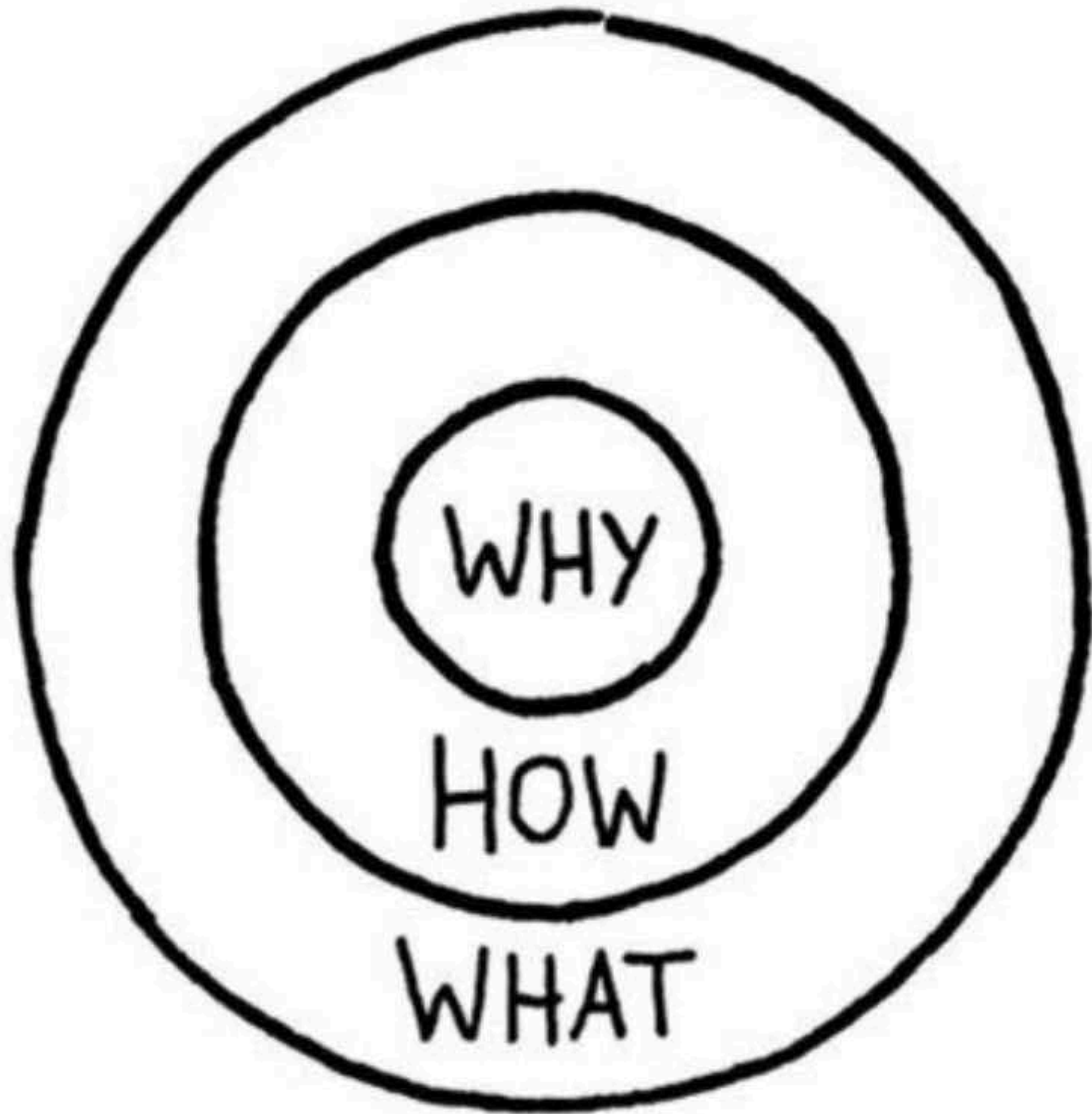
WINNER 2024

WINNER 2024

 **BCF ARENA**



HARD WORK
BEATS TALENT
WHEN TALENT
DOESN'T
WORK HARD.



Why = The Purpose

What is your cause? What do you believe?

Apple: We believe in challenging the status quo and doing this differently

How = The Process

Specific actions taken to realize the Why.

Apple: Our products are beautifully designed and easy to use

What = The Result

What do you do? The result of Why. Proof.

Apple: We make computers



EVERY WARM-UP
IS A CHANCE TO CREATE
HIGH PERFORMANCE



MINDSET

+



NUTRITION

+



MOVEMENT

+



RECOVERY

=



SUCCESS



ATHLETIC PROFIL ICE HOCKEY

CREATE YOUR MOVEMENT ROUTINE

**FUNCTIONAL
SKILLS**

**FUNCTIONAL
PERFORMANCE**

**FUNCTIONAL
MOVEMENT**

CONCEPTS

1. GENERAL MOVEMENT & FOAM

2. PILLAR

3. MOVEMENT PREP

4. NEURAL

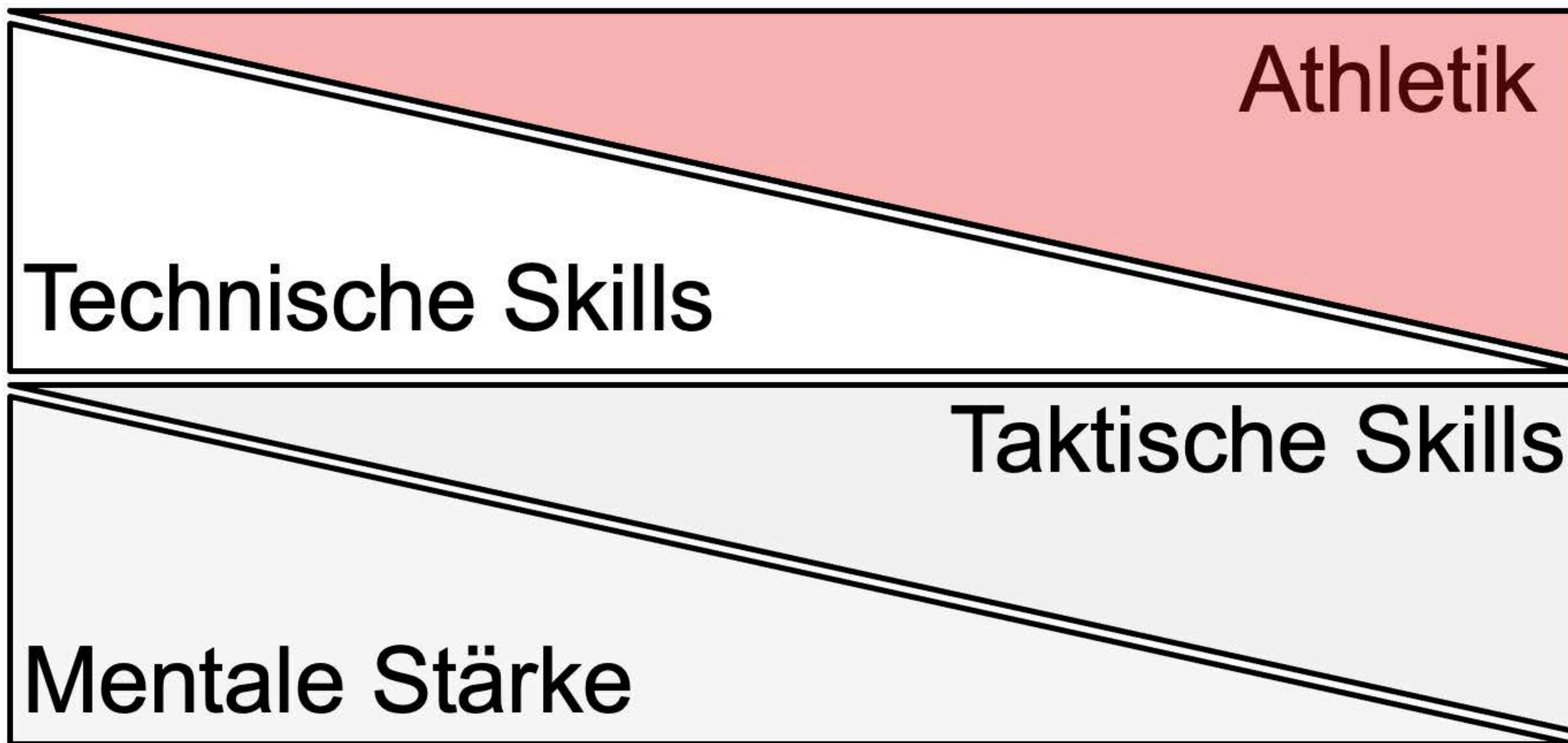
5. PLYOMETRICS

6. POWER

7. ENERGY SYSTEM DEVELOPMENT

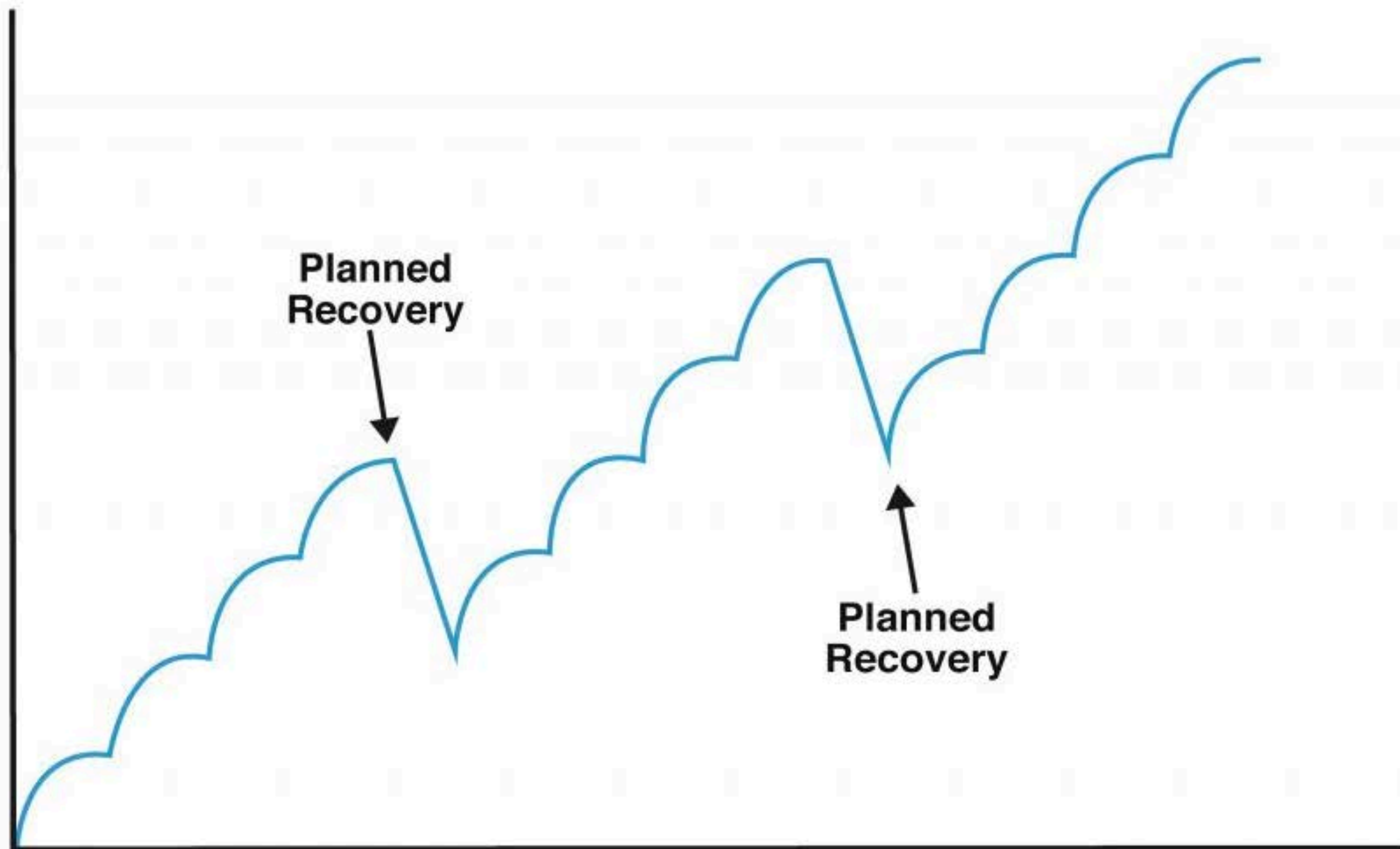
8. REGENERATION

ATHLETIC IS FOUNDATION

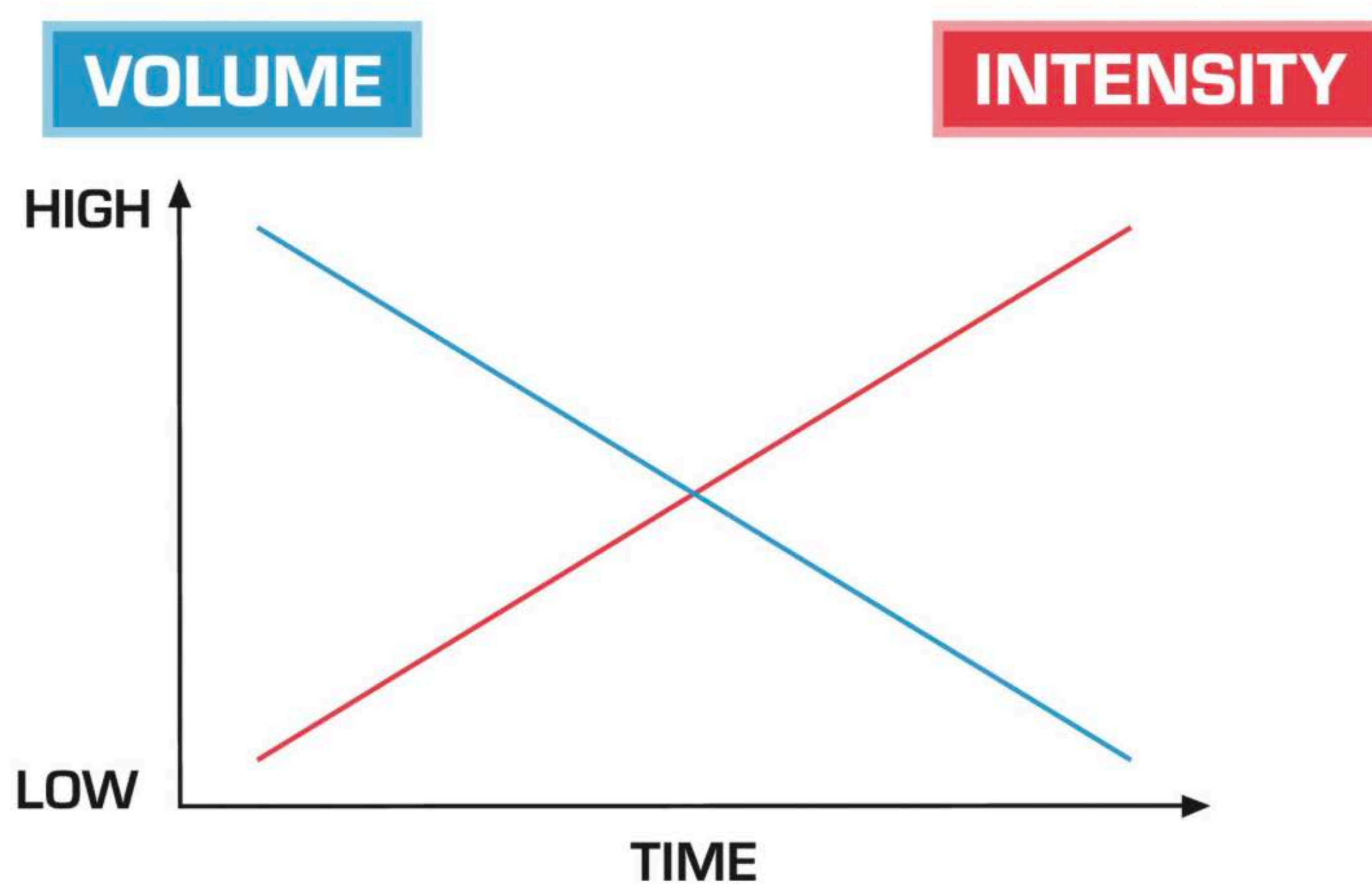


PROGRESSION

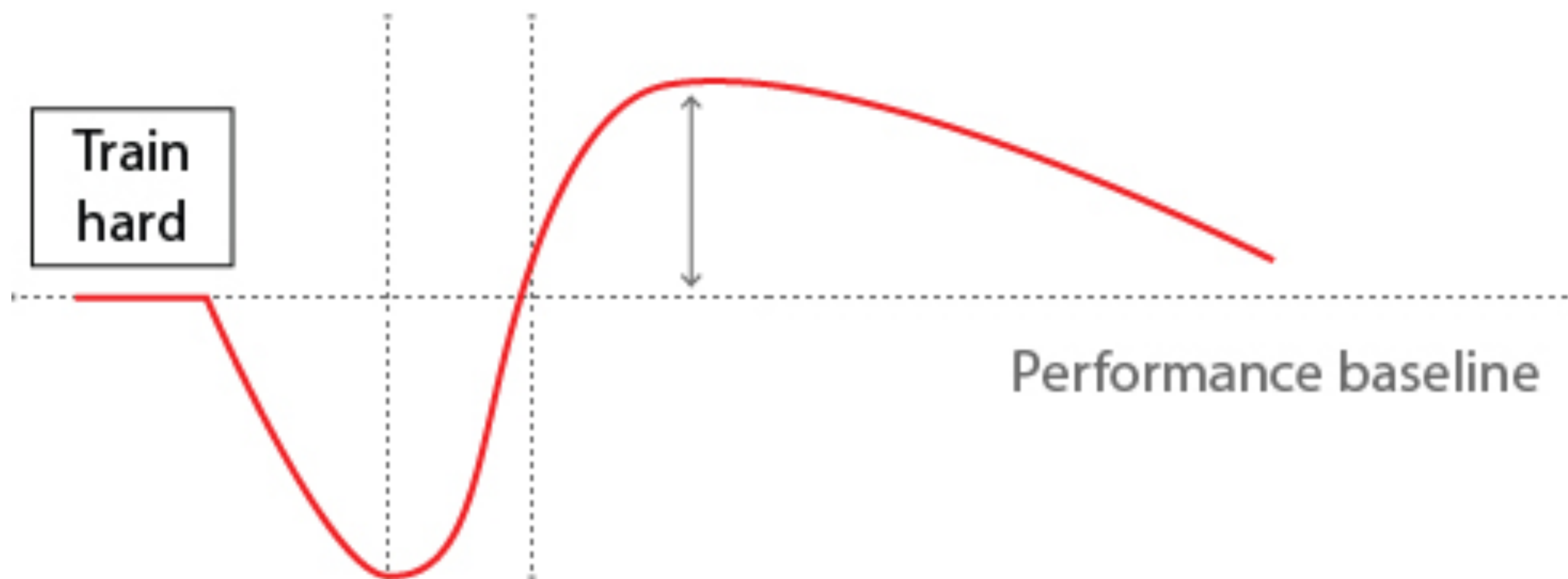
THE PRINCIPLE OF PROGRESSION



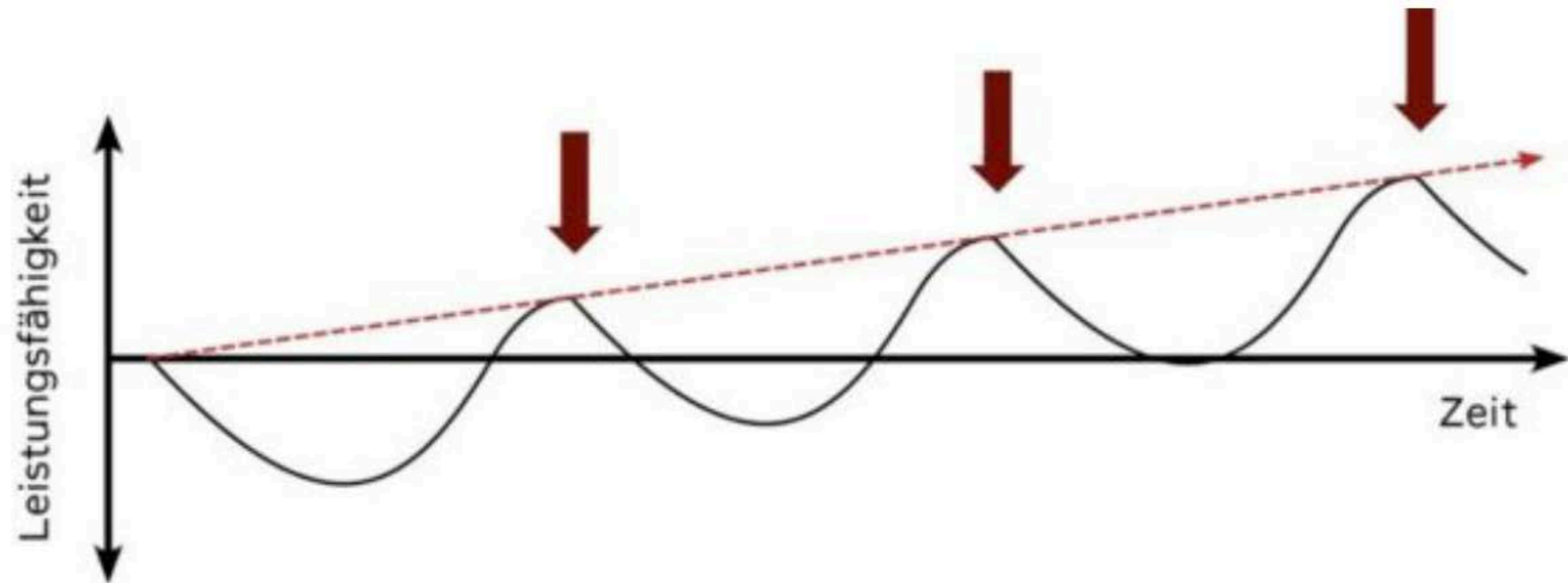
VOLUMINA VS. INTENSITY



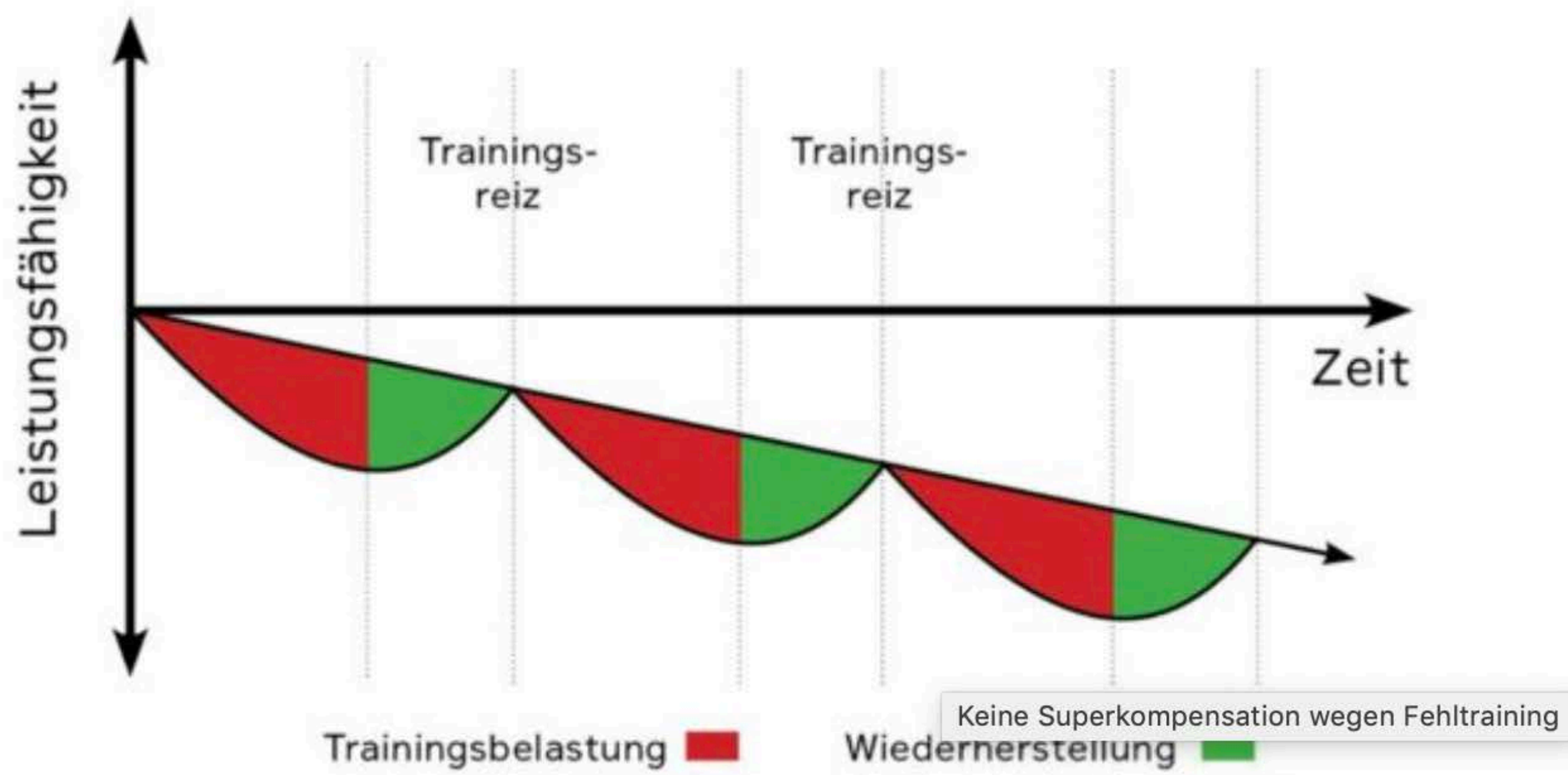
SUPERCOMPENSATION



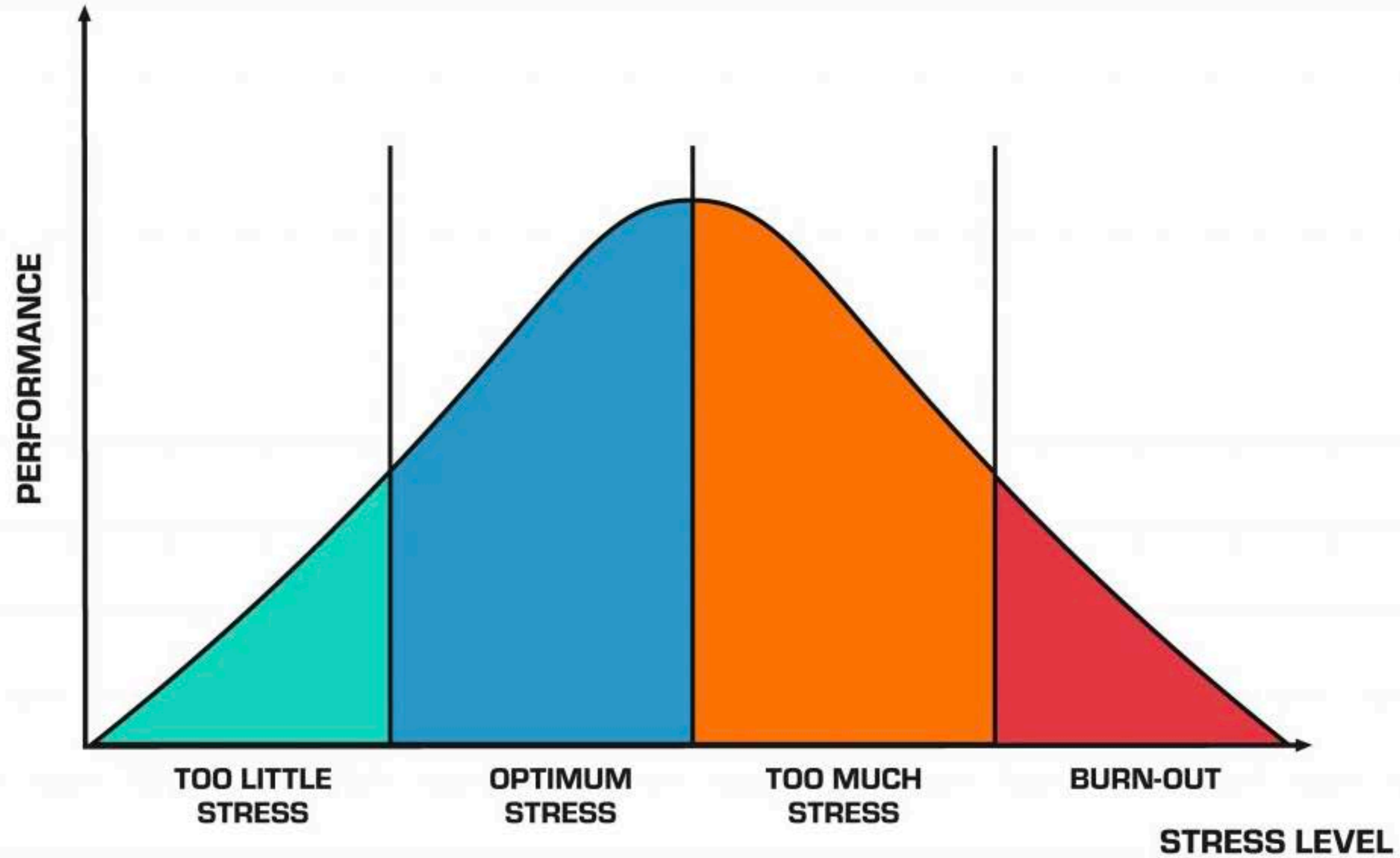
SUPERCOMPENSATION



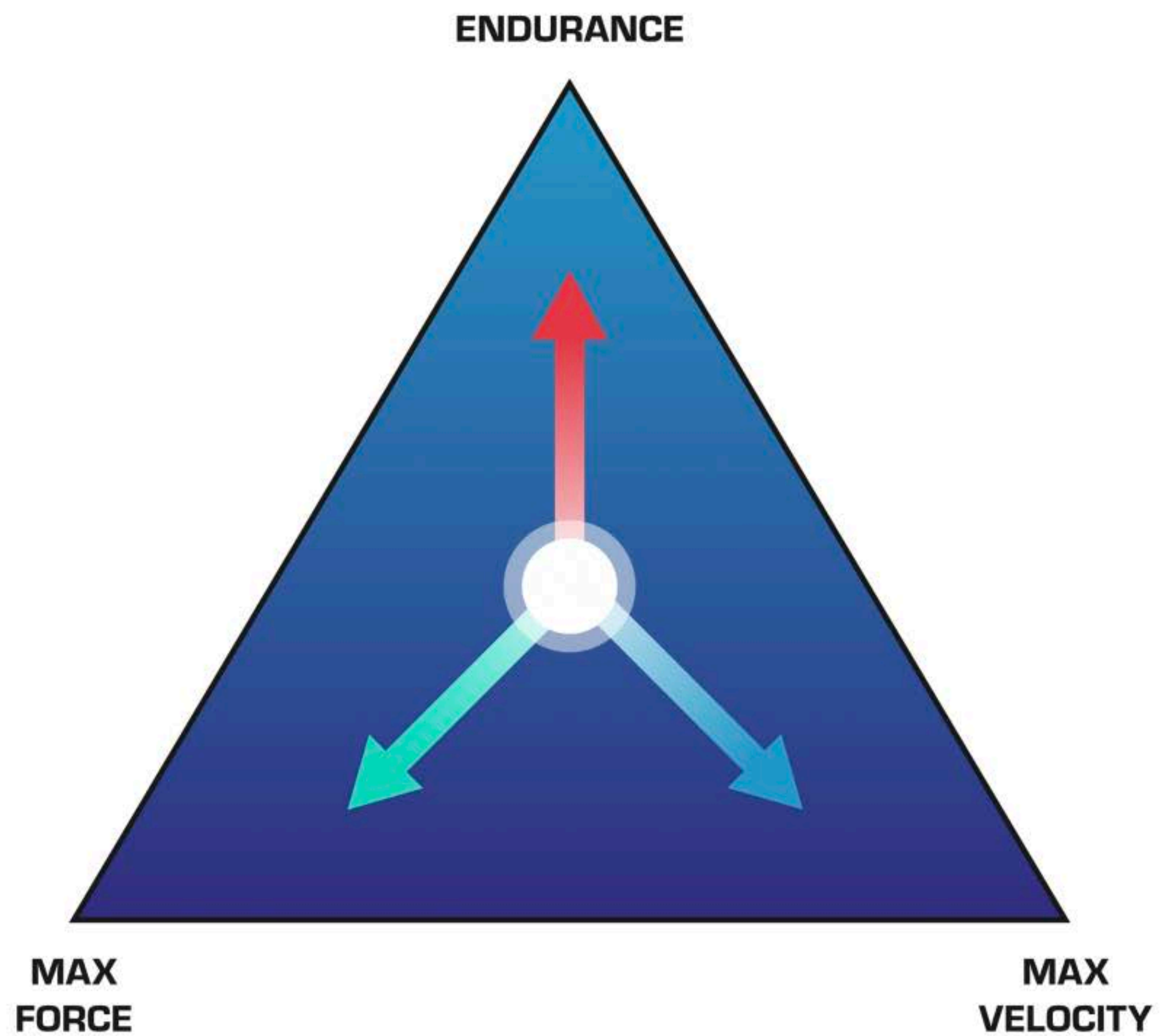
NO SUPERCOMPENSATION



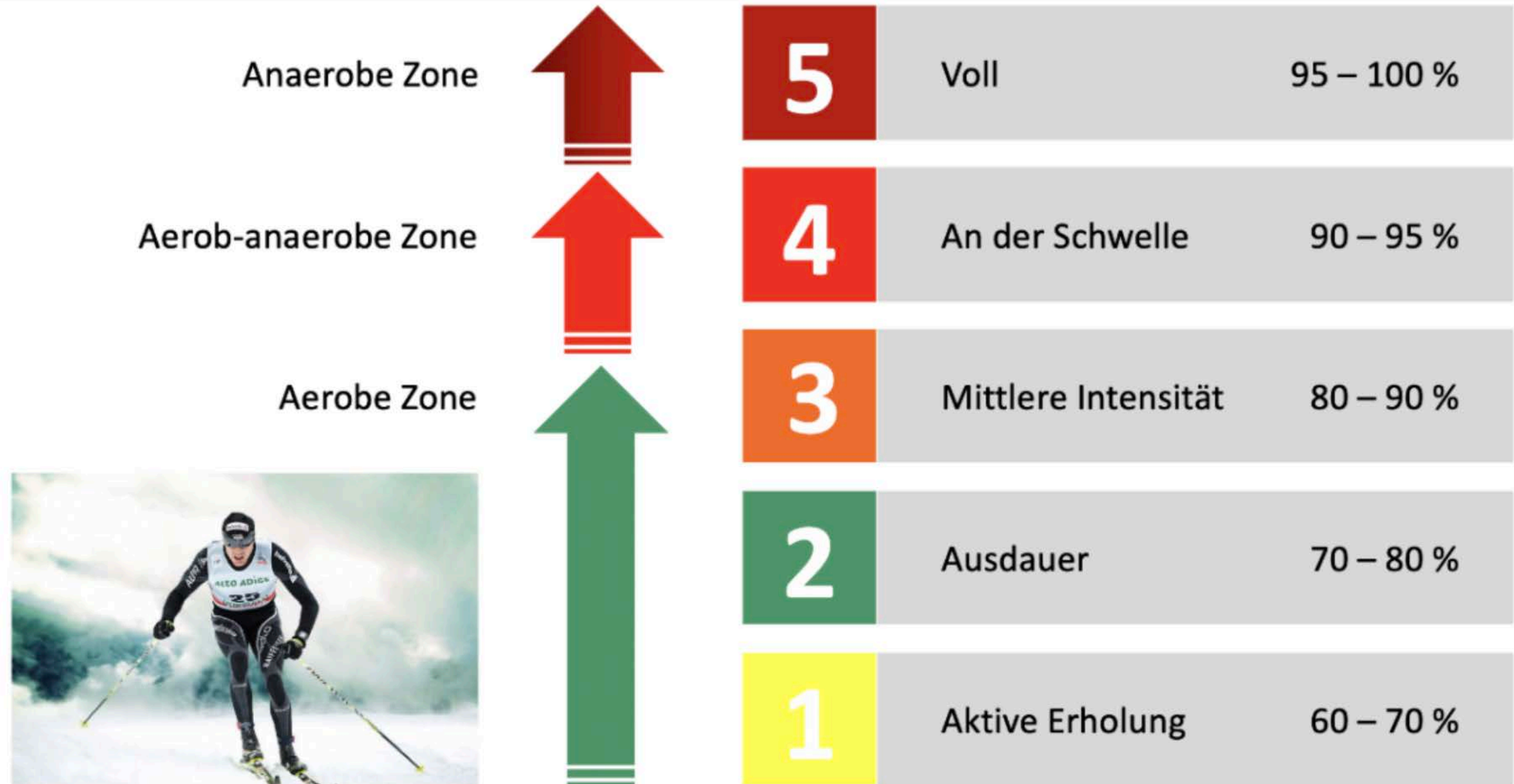
STRESS LEVEL



PROFIL



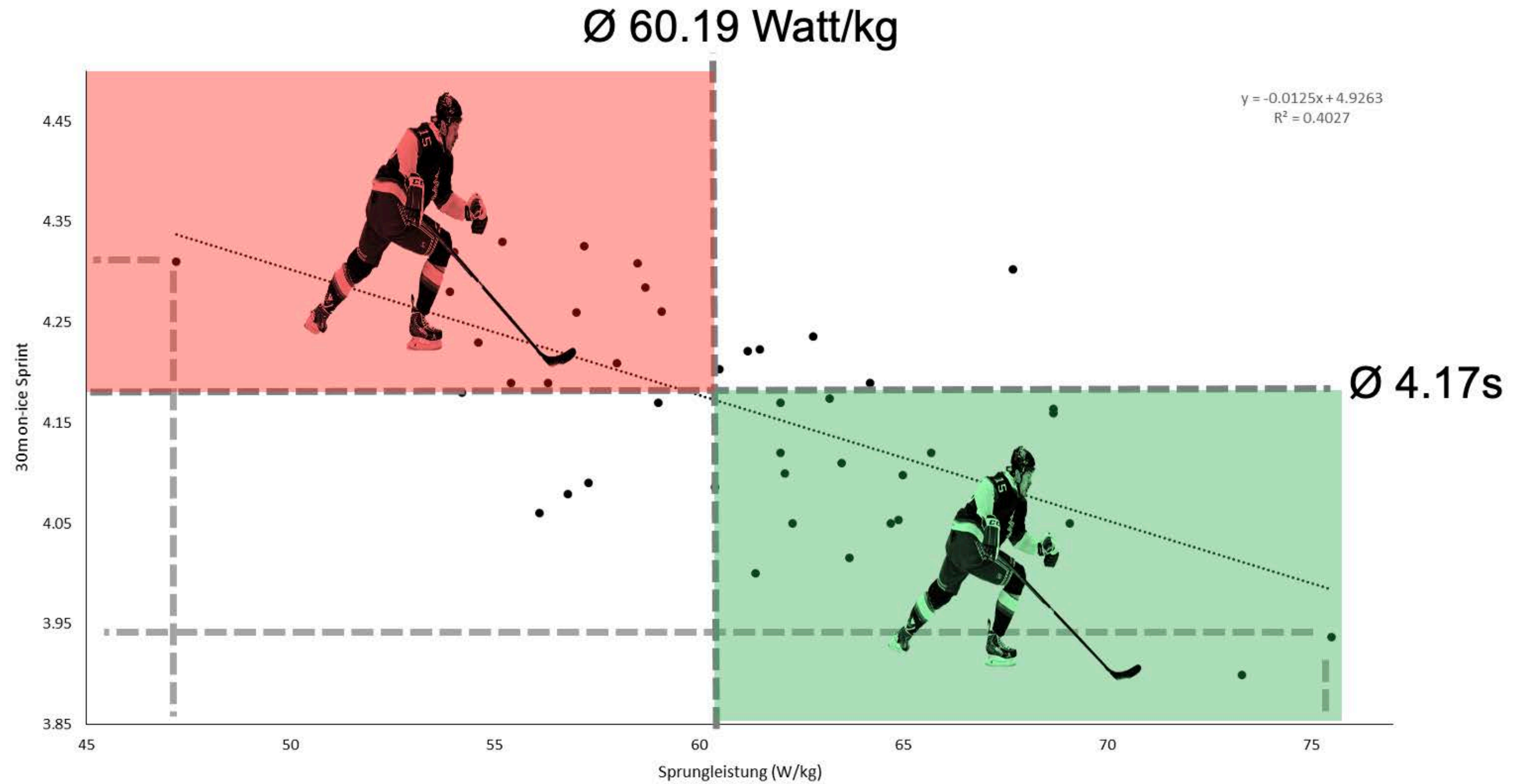
HEARTRATE

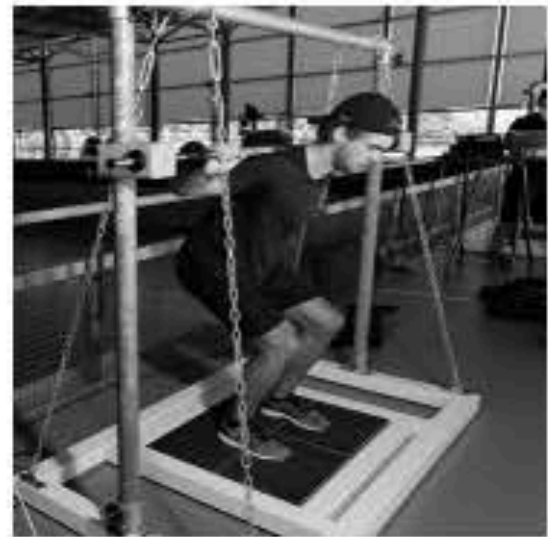
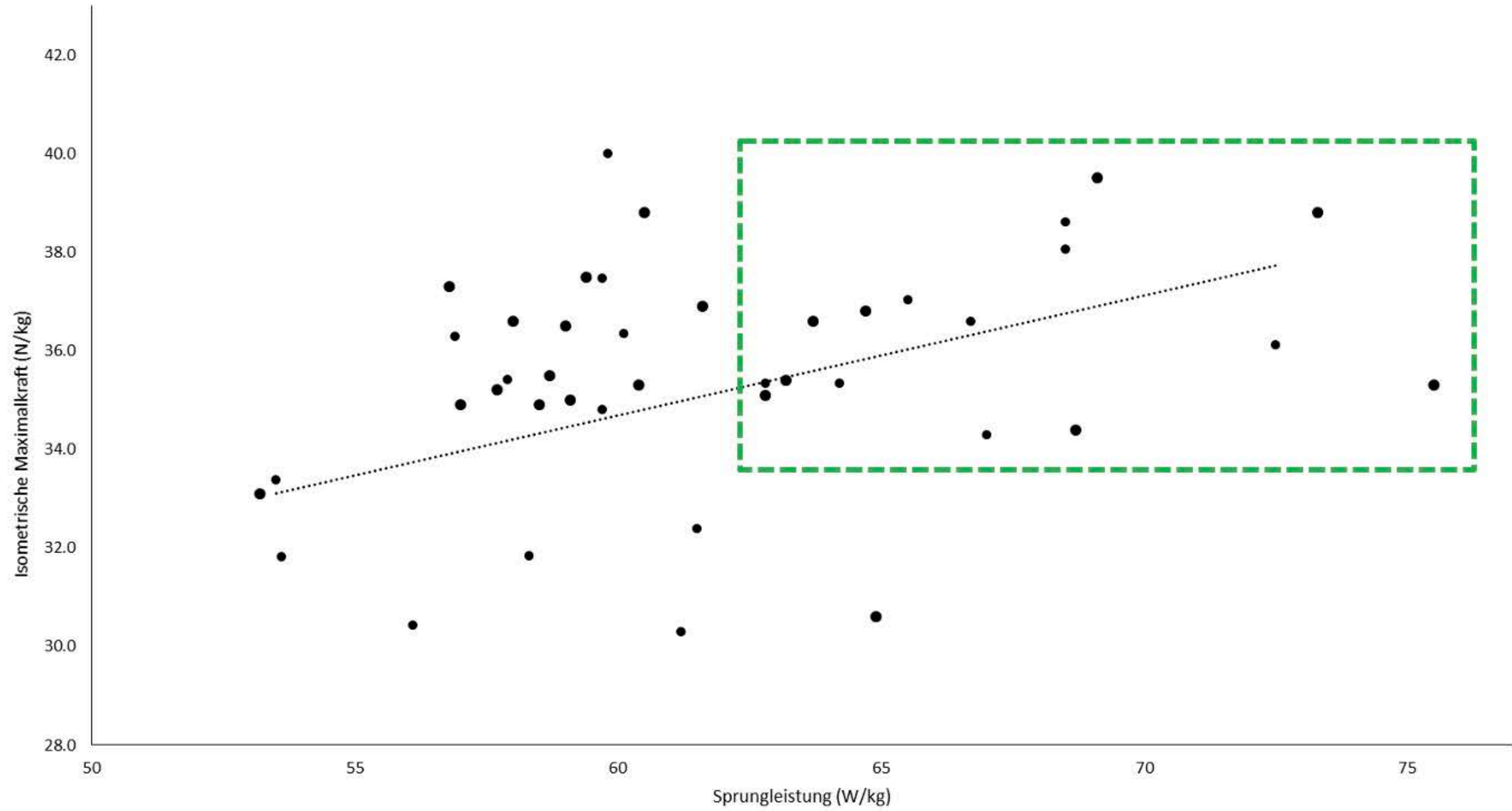


HEARTRATE ICE HOCKEY



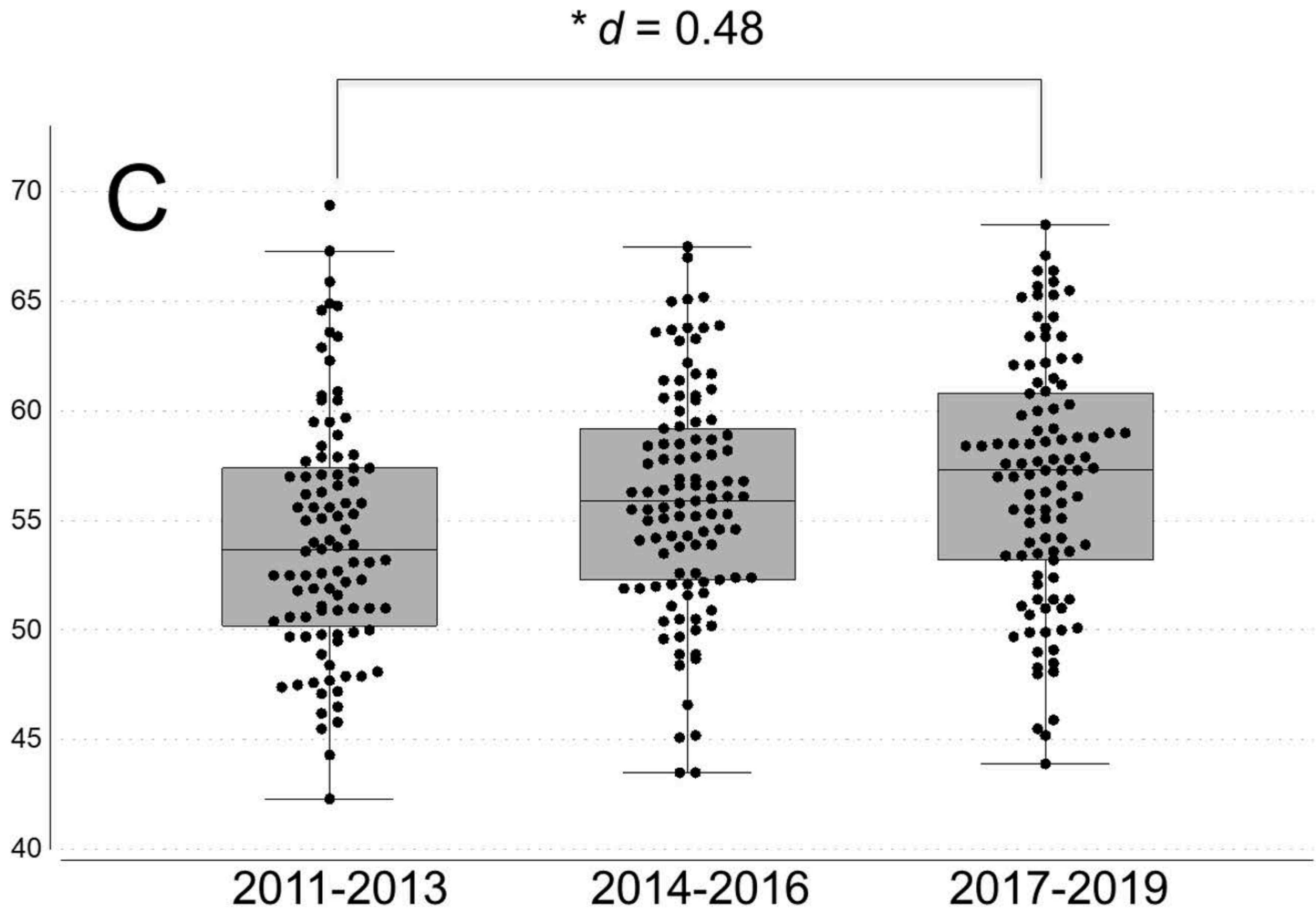
PERFORMANCE DIAGNOSTICS



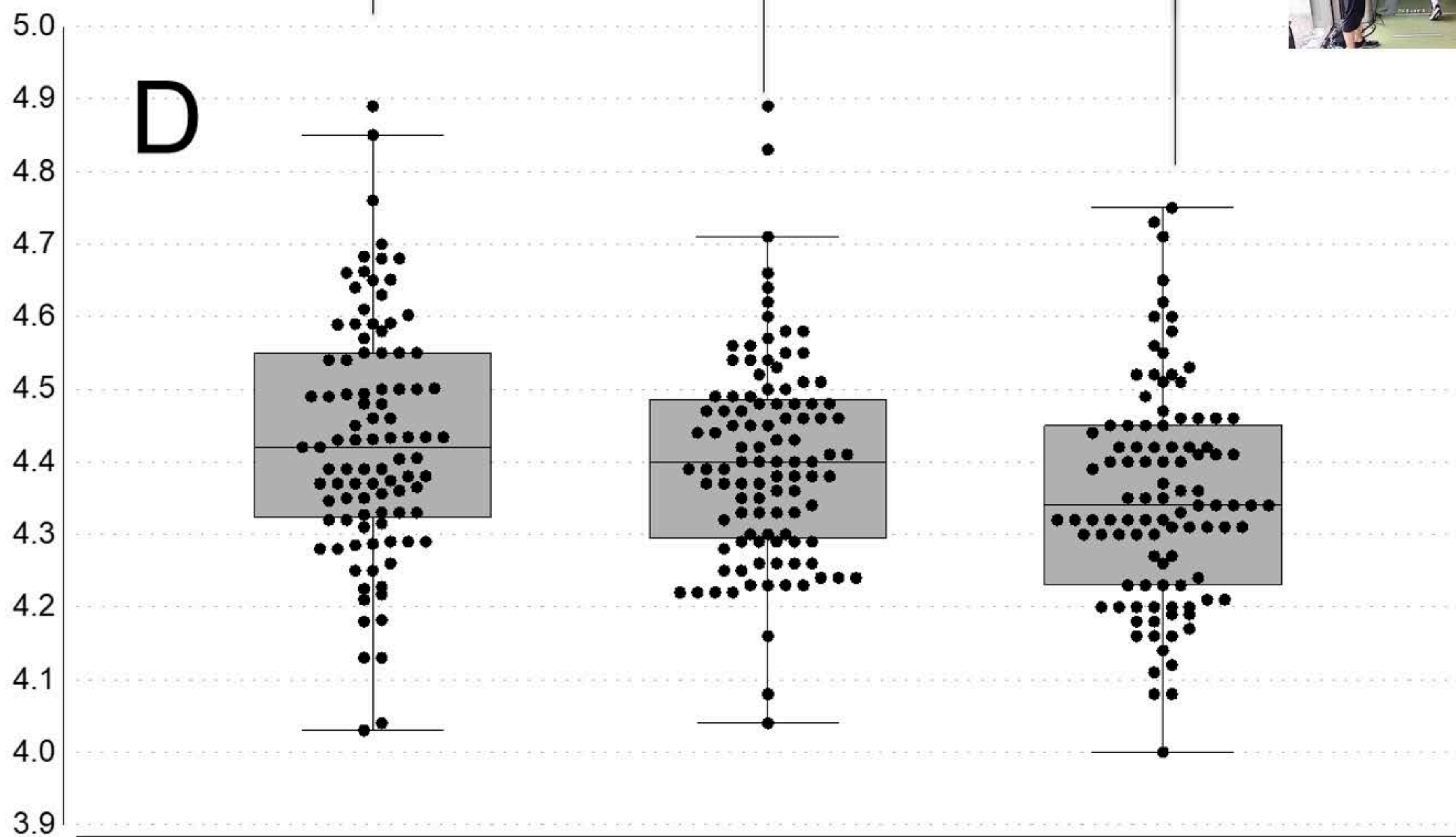




CMJ_rel_peak_power (W/kg)



D
30m Sprint(s)



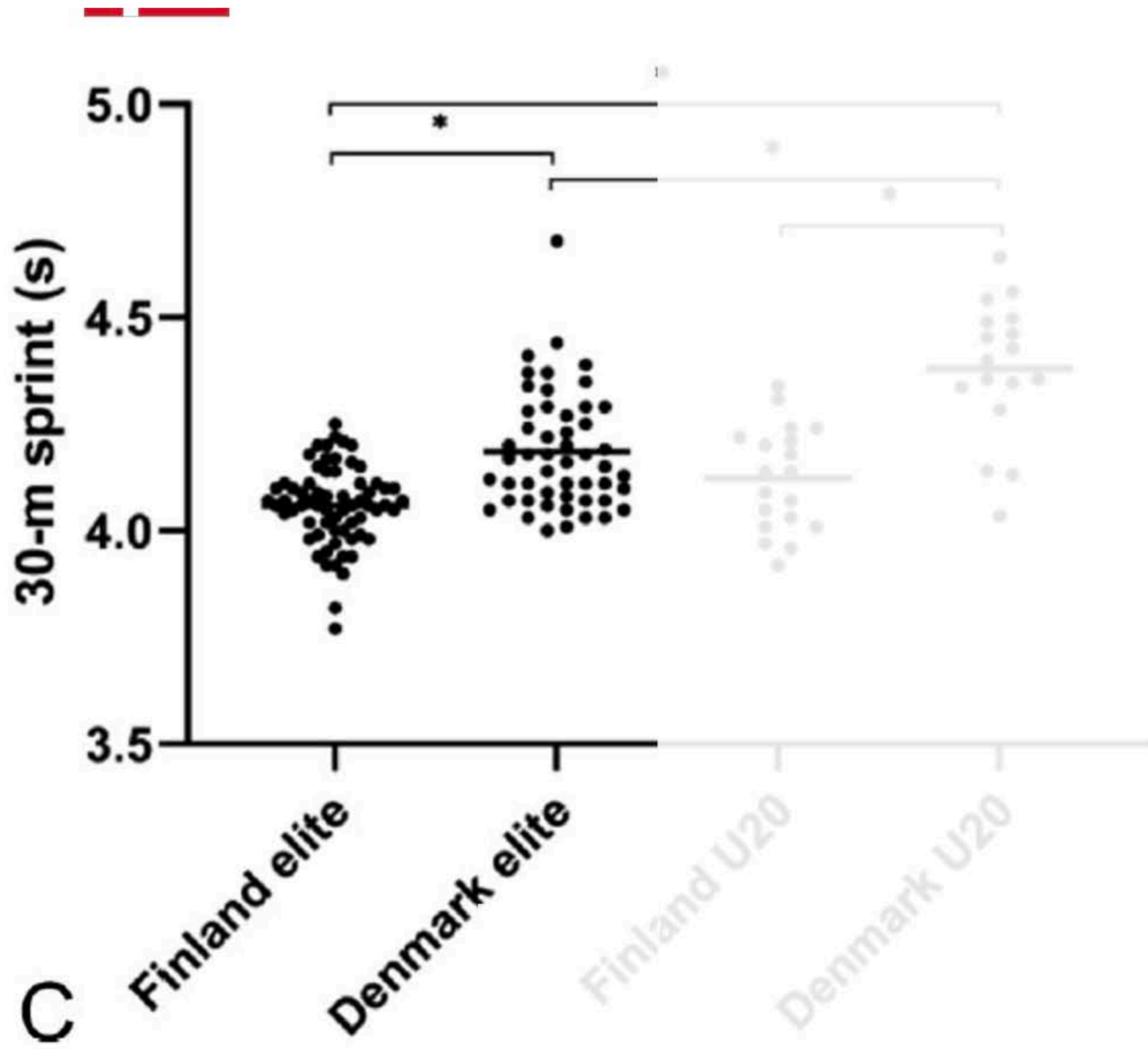
* $d = -0.51$

* $d = -0.33$

2011-2013

2014-2016

2017-2019





RECOVER YOUR BODY AND MIND

RECOVER YOUR BODY AND MIND

PASSIVE RECOVERY

Sleep

kein Blaulicht vor dem Schlafen,
Ruhe, gleiche Zubettgehzeit,
4h zuvor kein Kaffee, 7-9h

Relaxation / Breath

Atmung (6"/4"/12"), Massage

ACTIVE RECOVERY

Nutrition

Balanced and Micronutrients

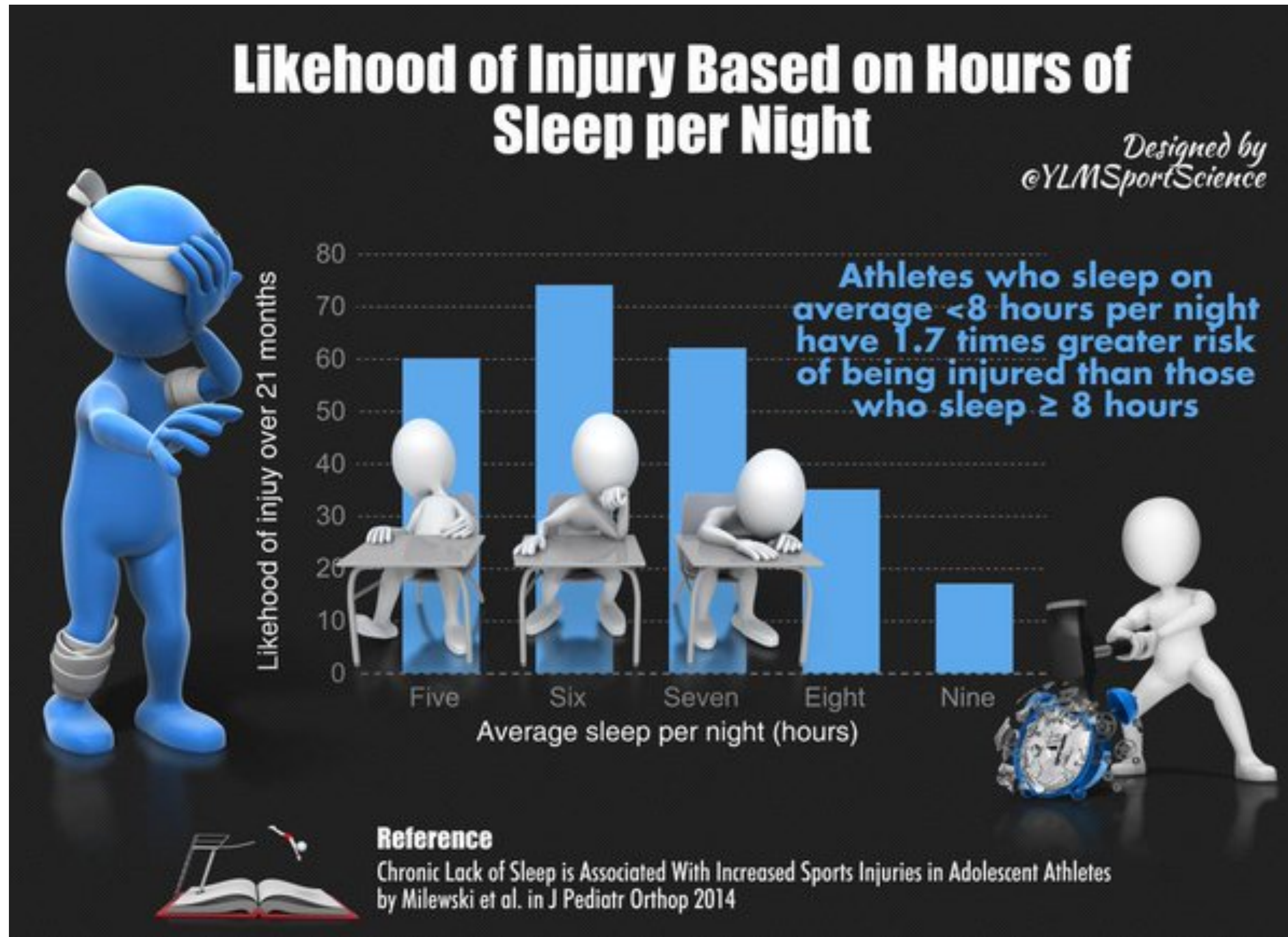
Recovery days

20-30 min Jogging/ Bike /Massage/

Stretching (mind. 60" pro Bereich)

-> min. 1 x per Week and in the end
of practice

RECOVER YOUR BODY AND MIND





PURE PERFORMANCE

NUTRITION

PURE PERFORMANCE NUTRITION

MAKRONÄHRSTOFFE

KOHLLENHYDRATE

FETTE

PROTEINE

MIKRONÄHRSTOFFE

VITAMINE

MINERALIEN

SPURENELEMENTE

SEKUNDÄRE PFLANZENSTOFFE

PURE PERFORMANCE NUTRITION

FUEL: Hauptsächlich wenig verarbeitete Lebensmittel

PROTECT: Gesunde Fette sind zentral (1g/kg KG, speziell Omega-3, z. B. Krill-Öl)

PREVENT: Mikronährstoffe schützen deinen Körper (farbig essen, (Aronia, Moringa))

BUILD: 1.8-2.5g/kg Körpergewicht Protein

BOOST: Kohlenhydrate (Gesamtkalorienzahl minus Kalorien von Protein/Fett, 3-12g/kg)

HYDRATE: 30-60ml/kg KG, <2% Gewichtsverlust während Training/Match

PRE GAME: 3-4h Hauptmahlzeit (Carbs, Protein, Fette), 1h Pre Game Snack (Carbs/wenig Protein & Fett), 10min Game Kick (15-25g Carbs)

POST GAME: Nach dem Training/Match (0.3g/kg KG Protein, 0.9-1.2g/kg KG Carbs)

RECOVER YOUR BODY AND MIND

SUPPLEMENTS

MUST HAVE

Omega 3 (Fischöl: 2g täglich, Krill Öl: 1-2g
täglich)

Vitamin D (10000 IE, mit Fett einnehmen)

Kreatin (3-5g täglich)

Magnesium (400mg vor dem Schlafen)

Zink (15mg reines elementares Zink)

NICE TO HAVE

Protein

Koffein

Carbohydrates

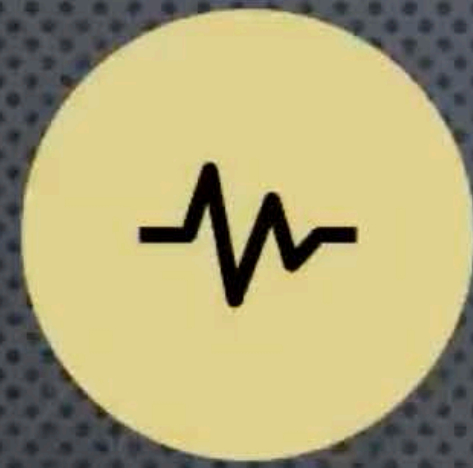


LPS

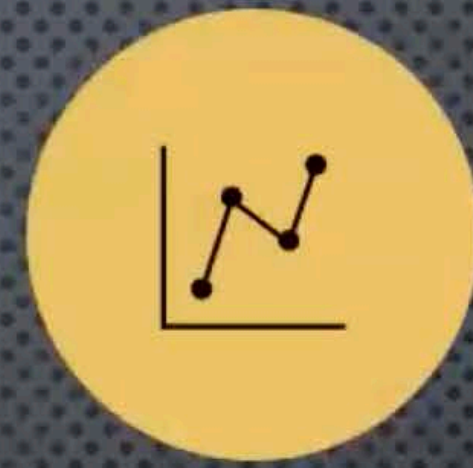
MONITORING



"HOW ARE YOU
FEELING?"



HEART RATE



IMU



IMU + LPS

EVOLUTION OF MONITORING

Theme = **Drag Race**
One word = "SPEED"

Volume	Intensity	Density	Tissue Load
Moderate	High	High	Moderate

	On-Ice		Off-Ice
Tactical	NZ Play, Entries, & Sortouts	Lift	Power - CON
Ice Size	3/4	Speed	Speed
Complexity	High	Conditioning	Metabolic Pull
Group Size	Full Team	Recovery	Passive
		Nutrition	"Medium" Plate

Game Types	
Match-up	Chase
Multiplayer	MSG

Theme = **Formula 1**
One word = "COMPETE"

Volume	Intensity	Denisty	Tissue Load
High	Moderate	High	High

	On-Ice		Off-Ice
Tactical	O-Zone & D-Zone	Lift	ECC
Ice Size	Small	Speed	C.O.D.
Complexity	Low	Conditioning	Metabolic Climb
Group Size	1v1, 2v2, 3v3	Recovery	Passive
		Nutrition	"Hard" Plate

Game Types	
Match-up	Mirror
Multiplayer	SSG

Theme = **Driving Ms. Daisy**
One word = "Refinement"

Volume	Intensity	Denisty	Tissue Load
Low	Moderate	Low	Low

	On-Ice		Off-Ice
Tactical	Game Plan	Lift	BFR or Circuits
	Special Teams	Speed	Dynamic Warm-up
Ice Size	Half	Conditioning	Metabolic Push
Complexity	Low	Recovery	Active
Group Size	Full Team	Nutrition	"Easy" Plate

Game Types	
Match-up	Score
Multiplayer	MSG

Theme = **Tesla**
One word = "Autopilot"

Volume	Intensity	Denisty	Tissue Load
High	Moderate	Moderate	Moderate

	On-Ice		Off-Ice
Tactical	B.O., F.C., B.C, & Entry	Lift	Strength - ISO
Ice Size	Full	Speed	Acceleration
Complexity	Moderate	Conditioning	Metabolic Stretch
Group Size	1v0, 2v0, 2v1, 3v1, 3v2, 4v2, 4v3, 5v3, 5v2, 3v3, 4v4, 5v5	Recovery	Active
		Nutrition	"Hard" Plate

Game Types	
Match-up	Chase
Multiplayer	LSG

R
P
M
S



DRIVING MISS DAISY



MILEAGE

CATAPULT

29 OF 32 NHL TEAMS ARE CUSTOMERS

ATLANTIC			METROPOLITAN			CENTRAL			PACIFIC		
	VIDEO	WEARABLES		VIDEO	WEARABLES		VIDEO	WEARABLES		VIDEO	WEARABLES
	✓	✓		✓	✓		✓			✓	✓
	✓	✓		✓			✓	✓		✓	✓
	✓				✓		✓	✓		✓	✓
		✓		✓	✓			✓			✓
	✓	✓		✓	✓		✓	✓		✓	✓
	✓	✓			✓		✓	✓		✓	✓
	✓	✓			✓		✓	✓			✓
								✓			

CLEARSKY

OUR ADVANCED LOCAL POSITIONING SYSTEM THAT DELIVERS PINPOINT POSITIONAL AND INERTIAL DATA REGARDLESS OF ENVIRONMENT.

PRECISION IN ALL ENVIRONMENTS

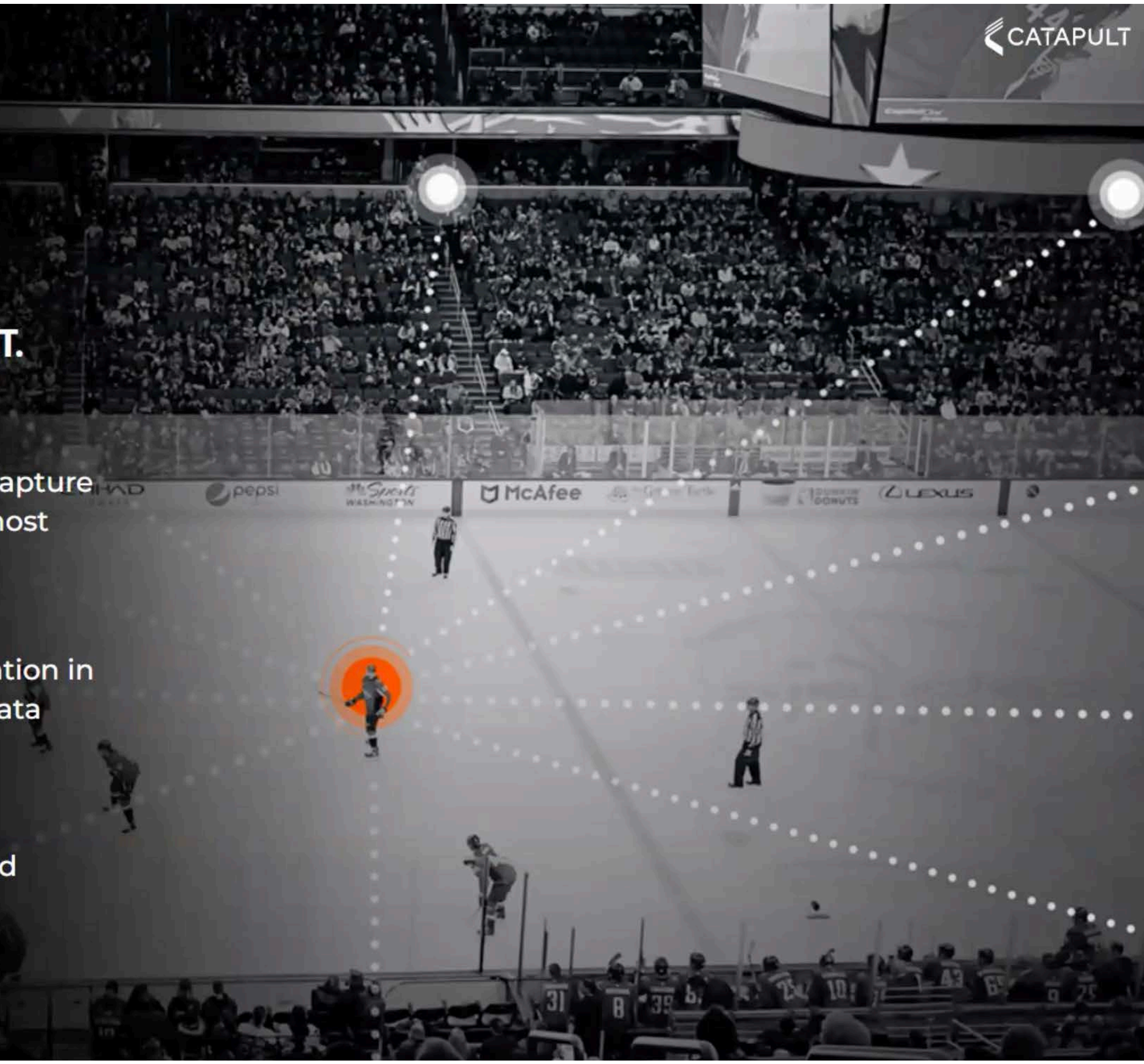
Bring the satellite infrastructure to your venue and capture consistent high-quality positional data in even the most challenging environments.

ELITE LEVEL INSIGHTS

Add value to decisions at every level of your organization in combining high-level positional, inertial and event data with real-time reporting.

ENABLES LIVE METRICS

Real-time data for coaching decisions, officiating, and in-game broadcast.



A background image of two ice hockey players on the ice. One player in a blue jersey with the number 41 is in the foreground, and another player in a white jersey with the number 27 is behind him. The image is darkened to serve as a background for text.

TOTAL SKATING LOAD

TOTAL PLAYER LOAD

ICE HOCKEY MOVEMENT ANALYSIS

SKATING METRICS

Build a detailed picture of the demands being placed on your players with metrics such as Player Load, Explosive Ratio, Skating Symmetry, Total Work Bouts, Skating Load, Work:Rest Ratio, and more.

360° VIEW OF ALL YOUR PLAYERS

Quantify the unique movements and characteristics of each player on your team, including goaltenders, and get detailed insights about the load that is placed on them in games or practice.

ON-ICE

ICE HOCKEY METRICS



SKATING LOAD



EXPLOSIVE EFFORTS



SKATING SYMMETRY



NUMBER OF STRIDES



PLAYERLOAD



NUMBER OF STRIDES - L



NUMBER OF STRIDES - R



TOTAL WORK BOUTS



HIW DURATION



AVE FORCE/ STRIDE



AVE FORCE/ STRIDE - L



AVE FORCE/ STRIDE - R



ON-ICE LOAD



EXPLOSIVE EFFORTS/MIN



ON-ICE LOAD/MIN



EXPLOSIVE RATIO

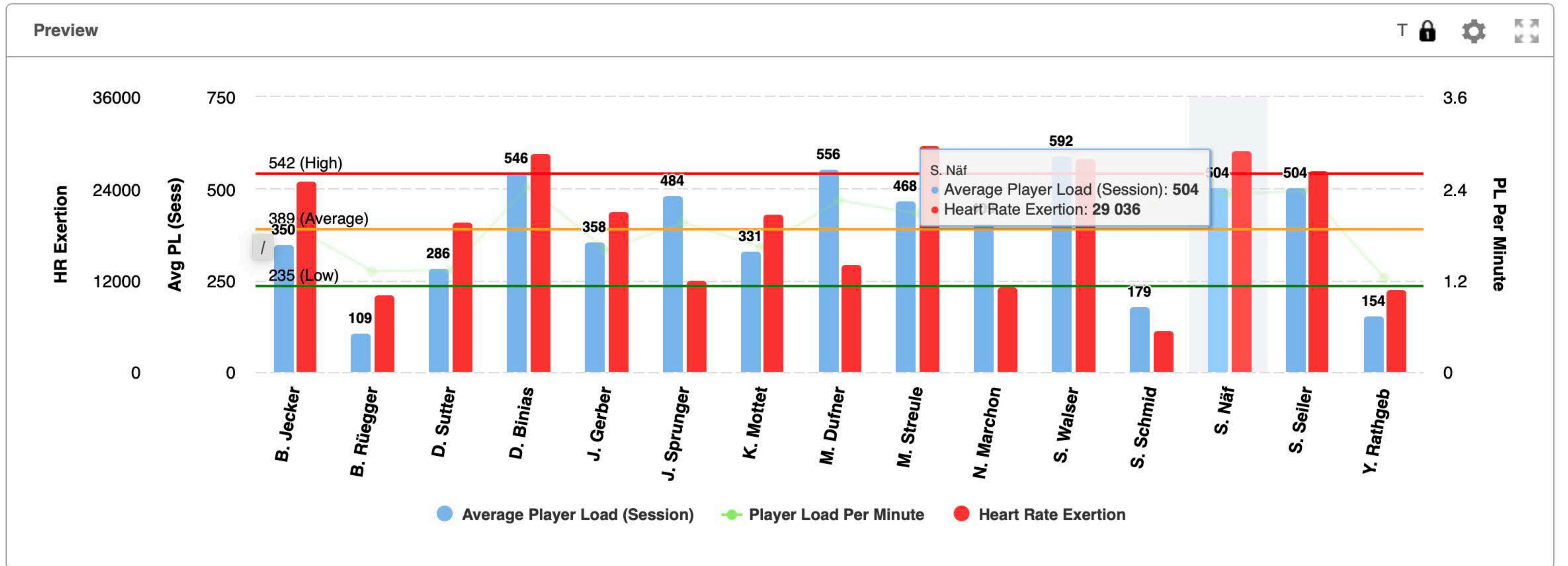
LOAD MANAGEMENT



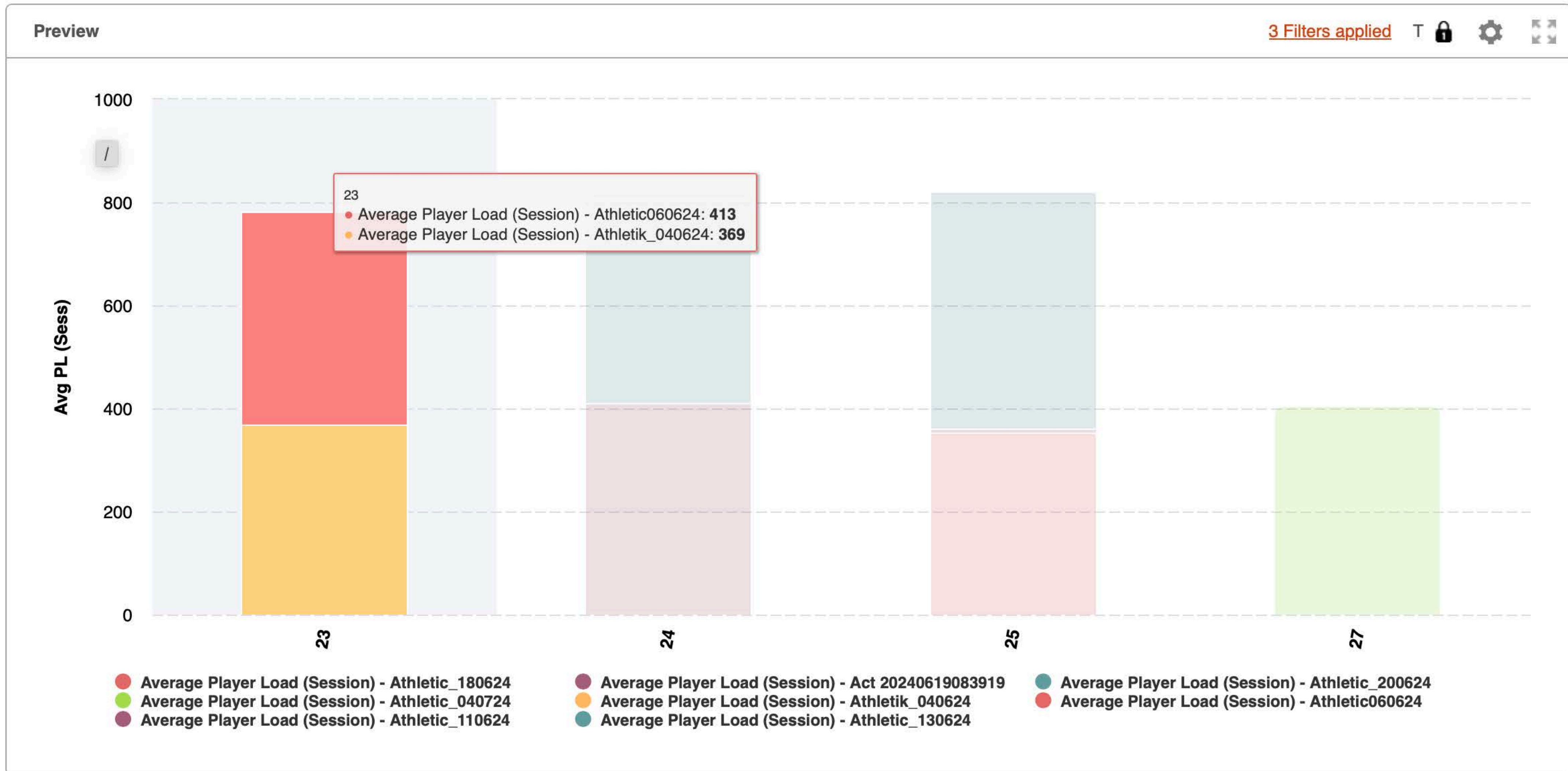
Dashboard layout showing performance metrics for Skater Average PL and three other categories. Each widget includes a title, a value, and labels for 'Avg PL (Sess)' and 'HCFG NL'. The top widget is titled 'Skater Average PL' and shows a value of 408.81. The bottom row contains three widgets with values 437.06, 454.07, and 370.78. Each widget has a header with '1 Filter applied' and control icons (T, lock, gear, expand).

Category	Value	Avg PL (Sess)	HCFG NL
Skater Average PL	408.81	Avg PL (Sess)	HCFG NL
Category 1	437.06	Avg PL (Sess)	HCFG NL
Category 2	454.07	Avg PL (Sess)	HCFG NL
Category 3	370.78	Avg PL (Sess)	HCFG NL

LOAD MANAGEMENT



LOAD MANAGEMENT



LPS

The six reasons ice hockey coaches are using athlete monitoring technology:

1. Competitive advantage
2. Athlete Progression and Development
3. Injury mitigation
4. Objective marker of player performance (benchmarks)
5. Return to play
6. Schedule planning



BCF FKB
LA ROSE
45
Klein
affidea
NEW WORK

PostFinance
TOP SCORER
Klein
affidea
NEW WORK

BCF FKB
DORTHE
93
LE GRUYÈRE
SWITZERLAND
Klein
affidea
NEW WORK

BCF FKB
ETTER
79
LE GRUYÈRE
SWITZERLAND
Klein
affidea
NEW WORK

BCF FKB
GERBER
34
LE GRUYÈRE
SWITZERLAND
Klein
affidea
NEW WORK

BCF FKB
SEILER
5
LE GRUYÈRE
SWITZERLAND
Klein
affidea
NEW WORK

BCF FKB
SUTTER
22
LE GRUYÈRE
SWITZERLAND
Klein
affidea
NEW WORK

FRIBOURG-GOTTERON

FRIBOURG-GOTTERON

FRIBOURG-GOTTERON

FRIBOURG-GOTTERON

LORO-SPORT

PostFinance

TOP SCORER

BCF FKB

DORTHE

93

LE GRUYÈRE
SWITZERLAND

BCF FKB

ETTER

79

LE GRUYÈRE
SWITZERLAND

BCF FKB

GERBER

34

LE GRUYÈRE
SWITZERLAND

BCF FKB

SEILER

5

LE GRUYÈRE
SWITZERLAND

BCF FKB

SUTTER

22

LE GRUYÈRE
SWITZERLAND

ANTIGLIO

Cash hôtel STEPHAN

MOTOREX SOLEOL

