

THE DETROIT DIESEL

MMA Conditioning Takes Over Hockey Detroit Diesel Style

by **Fred George "The Detroit Diesel"**

You had to know it was coming. Everyone knows how hard a mixed martial artist trains, so I took the fighter philosophies to the world of hockey and football (as if running CSW's fight gym wasn't enough work already). The LA Selects Hockey Systems asked me to train all 20 of their teams.

I devised a creative circuit program utilizing such MMA training tools as the Burn Machine, The War Machine, Stroops, The BodiRocker, a heavy bag, a Russian Jump Box, Tornado Balls and Jump Stretch Bands. I put the guys through 45-second work intervals while allowing only time for the athletes to get to the next station. We have 20 guys on each team utilizing 20 different modalities. After they go through the gauntlet, the fun starts!

Once the circuit is over, I make them immediately start pummeling with a partner for one minute. Once the whistle blows, they begin to hand fight. Each person tries to achieve double underhooks, a full plum, a Thai clinch, or a whizzer with opposite wrist control.

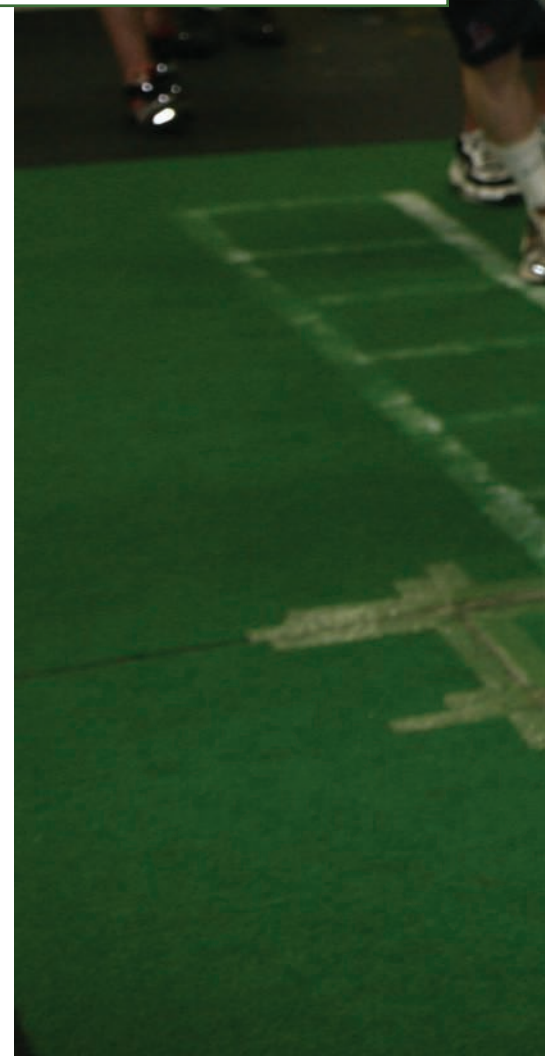
Our next drill is to hold inside bicep control with eyes closed. The person with their eyes opened then tries to slap the face of his partner whose eyes are closed. This implores the use of kung fu and jeet kune do principles to defend the body and hold bicep control. This brings in the Jackie Chan and Bruce Lee principles into hockey. Why? Imagine if you had blood in your eyes, but you still needed to locate your opponent. The only way to do this is by touching the person's torso or shoulder and sliding down to their bicep.

As if this wasn't enough, I put them through quick feet drills on the speed ladder and threw in jump squats and core work.

The last thing they work on before stretching is the heavy bag work. They learn to punch, knee and body check. This teaches them to tighten their core muscles just before the moment of impact.

Fighters are known for their relentless approach to their workouts, and their ability to compete in severely stressful situations. This philosophy can be applied to most any sport, and the work I have been doing with the LA Selects has been paying off. The LA Selects 16AAA team holds a record of 17-2 as this article goes to print!

To schedule team training with Fred George, contact him at 714.675.4666 or at detroitdieselmma@gmail.com.



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