

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.

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>

