



INTERNATIONAL
ICE HOCKEY
FEDERATION

Development of specific hockey power with focus to the deep stability spinal system (power core) „DSSS“

Analysis of Sport Performance

Cellulite body

What is DSSS

DSSS Disbalance

Video Clips of Practical Exercises to Strengthen DSSS





The Analysis of Sport Performance

- a) Cellulite Body
- b) State of Mind
- c) Non-physiological Energy



Cellulite Body

So called „Power Cell“,the material substance of the athletes body. Along with others, we are talking about player´s power development, practising of specific hockey power and also development of DSSS.



What is DSSS?

It means muscle coordination and balance, which re-insures and fixes spine stability during all our moves, the muscles DSSS are activated also during any static movement! It accompanies every structured movement of upper and lower limbs. Muscle usage in stabilization is automatic and abnormal. We are talking especially about diaphragm, lower basin, abdominal and short intervertebral muscles.



DSSS Disbalance

DSSS disbalance is important factor in origin of players problems, especially in spinal segments area and abductors. The problems arise mainly because of poor fixation of single segment or they are fixed in unsatisfactory position. So this is a reason why our player´s spinal segments are chronically overloaded, as well as adductors.



DSSS Video Clips

Clips with a focus on how to break up chain movement: hockey is not track and field.

Clips with a focus on players stability and fixation: hockey is a game played on the most unstable surface.