

Getting Fit and Staying Fit

Regardless of whether your role requires you to have speed and stamina to keep up with the play and make accurate decisions in short timeframes, or if you are required to sit still and apply intense concentration for long periods of time, being physically fit will help you.

Key elements of physical fitness include:

- Aerobic endurance
- Muscular fitness
- Flexibility
- Speed and agility

Here are some general training principles that can be applied to any role in any sport:

1. Be specific – your training should match your personal situation.
2. Increase the load – gradually increase the intensity and work a little bit harder than you're used to.
3. Build it up – gradually increase the length of your training (just a bit each week).
4. Don't stop – fitness is not permanently stored, so keep at it, even in the off-season.
5. Vary it – your brain is an important muscle too. Keep your training varied to prevent boredom.
6. Assess your fitness – monitor your fitness levels to see improvements.
7. Celebrate – give yourself a pat on the back for any successes, no matter how small.