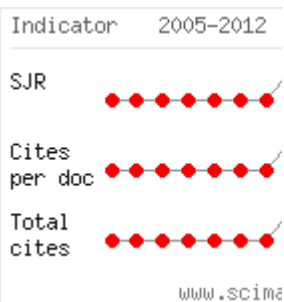


**JHSE**

- [Current Issue](#)
- [Back Issues](#)
- [Most read articles](#)
- [Indexing](#)
- [Advanced search](#)
- [Contact](#)
- [Site Map](#)
- [About](#)
- [Links](#)


**GOOGLE TRANSLATE**[Home](#) > [Vol 5, No 1 \(2010\)](#) > [konarski](#)

## CHARACTERISTICS OF CHOSEN PARAMETERS OF EXTERNAL AND INTERNAL LOADS IN EASTERN EUROPEAN HIGH LEVEL FIELD HOCKEY PLAYERS

*Jan konarski*

### Abstract

The analysis of literature showed that while football (soccer) has many articles about different match analysis, field hockey has little such publications. Mainly West European Country teams or teams from other continents are studied. Still, there is no such information in reference to eastern hockey, particularly about high level competitors in Poland. Hence, the main aim of this study was to work out the characteristics of external and internal loads on

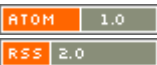
**ARTICLE TOOLS** [Print this article](#) [Indexing](#)[metadata](#) [How to cite item](#) [Finding](#)[References](#) [Review policy](#) [Email this article](#)(Login required) [Email the author](#)(Login required)**FONT SIZE****Browse**

- 
- [By Issue](#)
  - [By Author](#)
  - [By Title](#)

**Search**All [Search](#)



#### CURRENT ISSUE



[OPEN JOURNAL SYSTEMS](#)

Polish National Team field hockey players, representing an eastern European country. In field hockey, important information about competitive efforts must be taken into consideration to ensure correct design of the training process. For kinematics analysis (distance and velocity) Erdman's method was used, to analyze EE and HR Polar Vantage with software Polar Precision Performance were used. The results were worked out in a basic statistical way and to software Statistica 8.0, was used. It was stated that average distance covered by a player in a match is about 10,080 m (between 9,700 and 10,500 m), mean and instantaneous velocity were 2.40 m/s (between 2.29 and 2.50 m/s) and 8.92 m/s (between 8.49 and 9.22 m/s), EE average value was 947 kcal (between 874 and 1051 kcal), average value of HR and maximal value of HR were 135 bpm (between 126 and 142 bpm) and 187 bpm (between 184 and 189 bpm) respectively. The individual differences in results and playing position were noted. The results of this research bring important and necessary data for preparing precise training programs in field hockey. It can be assumed that using the information provided will allow for optimal preparation of the players to take part in competitions.

Key words: distance; velocity; heart rate; energy expenditure; Erdman's method; match; kinematics

doi: 10.4100/jhse.2010.51.06

Full Text: [PDF \(509 KB\)](#) [STATISTICS](#)

USER



Username

Password

Remember me

[Announcements](#)

## Cited-By

1. Variations in Functional and Morphological Characteristics of Elite Polish Field Hockey Players in a Complete Macrocycle

Jan Konarski, Magdalena Krzykała, Tomasz Podgórski, Maciej Pawlak, Ryszard Strzelczyk, Robert M. Malina  
*International Journal of Sports Science and Coaching* vol: 7 issue: 3 first  
page: 527 year: 2012  
doi: [10.1260/1747-9541.7.3.527](https://doi.org/10.1260/1747-9541.7.3.527)

2. A Half Century of Scientific Research in Field Hockey

Tomasz Podgórski, Maciej Pawlak  
*Human Movement* vol: 12 issue: 2 year: 2011  
doi: [10.2478/v10038-011-0008-8](https://doi.org/10.2478/v10038-011-0008-8)



This work is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](https://creativecommons.org/licenses/by-nc-nd/3.0/).

J. Hum. Sport Exerc. ISSN 1988-5202. doi:10.4100/jhse. Faculty of Education. University of Alicante. C/ San Vicente del Raspeig s/n - 03690 San Vicente del Raspeig - Alicante - Spain [jhse@ua.es](mailto:jhse@ua.es)