



CONARD HIGH SCHOOL FIELD HOCKEY 2018

Head Coach: Carlie Dailey

Junior Varsity Coach: Thomas Verrengia

Thirds Coach: Holly D'Addario

Assistant Coach: Leigh Kumpa

Welcome!

My name is Carlie Dailey and I am the new head coach for the Conard field hockey program. I am excited to work with you all. This document is a guide for you to use in preparing for the upcoming season. Please read through to the end - the last page includes some aspects of the mental game that are an important part of becoming your best. Track your progress of the program with whatever means you are most comfortable (paper or digital).

Don't hesitate to reach out to me with any questions at carlie_dailey@whps.org. I am looking forward to seeing you all soon - Go Conard!

Coach Dailey



Training Program

When you're interested in something, you do it only when it's convenient. When you're committed to something, you accept no excuses, only results.

-Ken Blanchard

Preparing for Preseason

Get in Shape - One important key to winning is staying healthy. You need to be in overall good shape and have sport specific fitness. Each person has to find what works best for her. Do Field Hockey specific fitness training.

Set Goals - *"A dream without a plan is just a wish."* -Katherine Peterson -- Think of what you would like to accomplish during season, then create short-term summer training goals that will correlate with your long-term season goals.

Just Do It - *"If you really want to do something, you'll find a way; if you don't, you'll find an excuse."* -Frank Banks -- Make plans for your summer training, have no excuses for why you can't start training. Support your teammates by checking in, being honest, and motivating each other by talking about the future season.

General Information on the Training Program

The training program has been devised to give you the guidance and motivation to best prepare you for the expectations of this upcoming field hockey season.

- Start at the state you feel most comfortable with. If you start this program early enough, you should be able to reach stage 10 by the end of August. If your fitness level is already a few stages in, start there and if you hit stage 10 early, maintain that level or increase time and distance suitable for you!
- Ball Handling Drills and Agilities are attached
- Work pushups and sit-ups into either your running days or your stickhandling days. You decide!
- A **fartlek** is a combination of jogging, running, and sprinting. Here is an example of a 20 minute fartlek: jog 5 min, run 2 min, jog 1 min, sprint 30 seconds, jog 2 min, run 1 min, sprint 30 seconds, jog 8 min

Skills Observed During Preseason/Tryouts

- Sportsmanship
- 1 mile run, Push Ups, Sit Ups
- Dribbling
- Footwork
- Shots
- Defense
- 1 vs 1



Agilities, Push-Ups, Sit-Ups

Agilities

- Jog forward/Jog backwards - repeat
- High Knee walk - pull knee to chest
- Butt Kicks
- Heel to hamstring run - knee up heel under hamstring
- Power Skip using big arms
- Toy Soldier
- Lunge with twist
- Lateral lunge
- Side shuffles - bend at knees, keep back straight
- Grapevines
- Sprint
- Stretch any muscles that are still tight

Push-Ups

Your body needs a day's rest in order to build muscle. Start with the # of push-ups you can do properly. Your goal range should be completing 15-20 quality pushups by the end of summer. Below are some variations in push-ups.

- Set the time - do for 30 sec, 1 min, or 2 min depending on your level is where you start
- Push-up position with a stick laying across shoulders - upper arms and both ends of stick should touch

- Push-ups with hands: 1 together, 2 shoulder width, 3 wide apart
- Soldier Salute - push-up position touching opposite shoulder with hand alternating shoulders

Sit-Ups

Start with 1 set of 10 for each of the exercises below. Increase each week until you are able to complete 2 sets of 20 for each exercise below.

- Hands behind head, lift shoulders straight up to sky (knees bent)
- Hands behind head, lift shoulders to knees (knees bent)
- Ankle on bent knee, hands behind head, lift right shoulder across to left knee, switch sides, repeat
- On back with legs straight up to sky, push heels up to sky lifting butt off the ground
- Bike it with heels off the ground
- Back flat on ground, feet straight up, lower both together or individually slowly to just above the ground

Make Winning A Habit - in field hockey and life

Visualize the player you want to be today!

Set Goals

To be a habitual winner, you need goals. Goals for you may not be the same as goals for your teammate. Take a longer-term approach, set some goals for yourself and never lose sight of your ultimate objective. Working to reach it will help you be a better winner. You also need motivation when you play in a game.

- My Short-Term Goals Are:
- My Long-Term Goals Are:
- What Motivates Me:

First you must think it in order to achieve it!

Many professional athletes, musicians, and doctors use visualization to build their skills. Picture yourself receiving passes, completing block tackles, making great passes and cuts. If you are a goalie, picture stopping the ball dead and strong clears outside. Daydreaming about field hockey can have positive results, make sure to focus on what you want to achieve and not what you do not want to achieve.



Training Schedule - Your goal is to reach at least Stage 7

Stage	Day 1	Day 2	Day 3	Day 4	Day 5	Every Other Day
1	15 min run	Ball Handling & Agilities 30 minutes	15 min run	Ball Handling & Agilities 30 minutes	10 minute Fartlek	Push-Ups & Sit-Ups
2	20 min run	Ball Handling & Agilities 30 minutes	20 min run	Ball Handling & Agilities 30 minutes	10 minute Fartlek	Push-Ups & Sit-Ups
3	25 min run	Ball Handling & Agilities 30 minutes	25 min run	Ball Handling & Agilities 30 minutes	15 minute Fartlek	Push-Ups & Sit-Ups
4	30 min run	Ball Handling & Agilities 30 minutes	30 min run	Ball Handling & Agilities 30 minutes	15 minute Fartlek	Push-Ups & Sit-Ups
5	35 min run	Ball Handling & Agilities 30 minutes	35 min run	Ball Handling & Agilities 30 minutes	15 minute Fartlek	Push-Ups & Sit-Ups
6	30 min run	Ball Handling & Agilities 30 minutes	30 min run	Ball Handling & Agilities 30 minutes	20 minute Fartlek	Push-Ups & Sit-Ups
7	45 min run	Ball Handling & Agilities 30 minutes	45 min run	Ball Handling & Agilities 30 minutes	20 minute Fartlek	Push-Ups & Sit-Ups
8	40 min run	Ball Handling & Agilities 30 minutes	40 min run	Ball Handling & Agilities 30 minutes	25 minute Fartlek	Push-Ups & Sit-Ups
9	55 min run	Ball Handling & Agilities 30 minutes	55 min run	Ball Handling & Agilities 30 minutes	25 minute Fartlek	Push-Ups & Sit-Ups
10	60 min run	Ball Handling & Agilities 30 minutes	60 min run	Ball Handling & Agilities 30 minutes	30 minute Fartlek	Push-Ups & Sit-Ups

