

Dear Hall Field Hockey Girls,

I hope you are all enjoying your summer! As we get closer to preseason, here are some helpful reminders about what we need to do to be the best team possible! Coming in as a fit team allows us to compete at a higher level, will help prevent injuries and allow us to focus on team play development. **We do not have the time to get you in shape once pre-season starts.**

This is a shared responsibility. You owe it to your teammates and they owe it to you. We are counting on you to do the off-season workouts; trust that you will push yourself and that you will take care of yourself. **Come in healthy, come in fit.**

“The fight is won or lost far away from the witnesses-behind the lines, in the gym, and out there on the road, long before I dance under those lights ” - Muhammad Ali
Take this one day at a time. Stay in touch and keep us posted. **THERE ARE NO SHORT CUTS!**

Tryout Information and Schedule: All players will be expected to be at all tryout sessions. If you plan to be absent for any portion, please contact me. I know that some conflicts are unavoidable and that many freshmen and students new to Hall will be unfamiliar with this process, so absences will not prevent anyone from getting an opportunity to tryout.

Below is the information for try-outs for the 2017 season. You must be registered with the athletic department by **August 23rd** in order begin on **Thursday, August 24th** . The first day of school this year is Wednesday, August 30th . Fall Athletic Registration is available online from July 1st through August 23rd at whathletics.org

Fall Sports Physicals (**only if you can't get one by your own doctor**) – Wednesday, August 23rd at 8:00 a.m. at Conard High School in the nurse's office. No appointments necessary, first come, first serve - arrive at 7:45 a.m. to get in line. Bring a physical form signed by your parent giving permission for the school's doctor to give a physical.

We will try to announce teams by the end of the session on **Monday, August 28th** . However, we may require more time. Any player who misses significant time during the tryout process (through absence or injury) will be given more time to be properly evaluated. *The times are tentative and subject to change.*

Thursday 8/24 Freshman 4:00-6/Returners 5-7

Friday 8/25 Freshman 4-5:30/Returners 5:30-7

Saturday 8/26 Everyone 9-11

Sunday 8/26 -Amy Romano Scrimmage at Enfield (Invite only)

Monday 8/28 Everyone 3:30-5 (announce teams)

Tuesday 8/29 Freshman 2:30-4, JV 3:30-5, V 4:00-6:00

Attitude and mental edge are difference makers in off-season training *and* game-winning moments.

Fitness is something you control.
I know you CAN do this!

Targets:

Two Mile Run - 18 minutes (This may change as I may have it be a ½ mile jog, 1 mile of sprint jogs, and a ½ mile jog.)

Shuttle Drill - Players will run back and forth between cones set up 30 yards apart. They will run back and forth 5 times (totaling 300 yards) in under **67 seconds**. They will have 3 minutes of rest between attempts and will repeat the shuttle drill 2 more times.

Players who make these times will demonstrate an impressive level of fitness that will make a good impression on the coaches. Failing to make these targets will not prevent anyone from making JV or Freshmen teams.

Accuracy: Able to make 8-10 passes through the gates in 45 seconds

Fundamentals - We are looking to see that you recognize where you are on the field, communicate, make good passes, look comfortable on the field, and are able to control the ball while on the move.

-Coach Cat

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Summer League:

TURF BURNERS. It is once a week at Trinity College. You play 7 v 7 and get to build team dynamics.

UCONN SUMMER CAMP: <https://connecticutfieldhockeycamp.com/>
This is a great camp that the team tries to go to every year.

WEST HARTFORD CAMP:
<https://www.westhartfordct.gov/leisureonline/> (Ages 11-14 and 15-19) Led by Moritz Rumstadt of Mannheim Hockey Club (MHC) in Germany's First Division.

Conditioning/Strength Training: My hope is that everyone can get to a gym this summer to work on conditioning and strength exercises. I am working on getting a group rate at a local gym to help this.

BELOW ARE OPTIONS TO HELP WITH STICK SKILLS

* Our game is a **running** game; therefore you need to be running to prepare for it. Incorporate change of speed, change of direction and distance in your workouts. You need to run. Elliptical, swimming, bike, etc are great ALTERNATIVE or cross-training workouts. YOGA is great, if you have someone who really knows what they are doing.

* Keep training positive and full of variety. Consider time and distance but don't obsess over either. Avoid treadmills. Use www.mapmyrun.com to plot out runs around your town and www.myfitnesspal.com track it all on your phone!

Skills

Practice your favorite skills AND your least favorite skills. Our receptions have come a long way, now we need to work on skill to maintain possession of the ball when carrying it. Put everything on the move (run through receptions, first touch puts the ball into new space, etc).

Dribbling: look up while carrying and carry ahead of yourself. Keeping it tight on your stick.

1. Loose dribble; tight dribble; Indian Dribble; one-handed strong/reverse; aerial dribble
2. Arc runs – carry the ball on a large arc
3. Baseline runs
4. Obstacle Course Dribbling – put out an assortment of objects and carry throughout them for 1 minute intervals; work on changing speeds.
5. 3D skills
6. Low aerial dribble
7. Slalom – no reverse stick v. using reverse stick.
8. Slalom, feet go around the cones v. feet stay beside cones
9. Illinois Drill – for time! See picture

All Front Stick! Carry up and around top cone towards bottom center, weave up top middle column, weave back down middle column, carry up to top right and around, carry down to endline, pull back 1 yard, carry over endline.

Dodges: strong pulls that start outside your body and come across the width of yourself. Add stick, head and body feints; CHANGE OF DIRECTION & CHANGE OF SPEED after the dodge are key.

1. 50 small touches outside right foot - keep the ball outside your right foot.
2. how fast can you do that? How quiet can you do that?
3. Pull right/Pull left
4. Double pulls (back, to either side)

5. Drags = really big pulls
6. Spin right/Spin left
7. C-Dodge alternate left and right

Receptions & Passing: Receiving on the move is a VERY important skill in the college game. First touch on reception should move the ball in a new direction right away.

1. Push pass, slap, front and reverse sweeps, drive, choke hit and aerial
2. Run through the reception
3. Receive reverse stick
4. Receive with a spin (both directions)
5. Receive and pull immediately (both directions)
6. Brush receptions
7. Receive with a pop or 3d skill
8. Passing skill off your left foot
9. Passing skill off your right foot
10. Receive across the body – transfer/pivot point
11. Receive going into an Indian dribble
12. Receive on a sideline/endline
 - a. 50 small touches outside left foot - keep the ball outside your left foot

Shooting: aim for corners of the cage. A slight lift on the shot = tough for GKs.

1. Shooting from Top of the circle (zone 1); zones 2 and zones 3
2. Shooting off a reception:
 - a. Ball just outside the circle, pull it in and shoot
 - b. Back up to the hash and add a dodge
 - a. Pass from outside the circle laterally across the top, touch into the circle shot. (both directions)
 - b. Pass at stroke already inside the circle, one time it (both directions)
3. Closer to cage: practice the chop/squeeze
4. Take a shot at the top and have a second ball thrown in for a quick “rebound” situation
5. Chips, flicks, sweeps, reverse pops
6. Tipping and Deflections.

Quick Wrist Work: keep your feet moving with the ball and in a tight space, moving it a lot with lots of little touches.

1. Create a small box around your feet (3 feet x 3 feet)
2. Practice pulls making
 - a. Ls (back and lateral)
 - b. Xs

- c. Small arc pulls
- d. Feet inside the box, feet moving with the stick
- e. Feet outside the box, moving around the perimeter of the box
- f. Corner to corner, up a side, other corners, down a side

1v1 boxes: 5-7 yards x 5-7 yards

1. One attacker, one defender – defender passes to the attacker. Attacker tries to exit over one line

of the box by carrying it, defender tries to tackle the attacker, gain possession and exit the other end of the box by carrying the ball.

- a. Emphasis on channeling only
- b. Emphasis on jab
- c. Emphasis on front stick tackle
- d. Emphasis on reverse stick block tackle
- e. Emphasis on Defensive pressure from the right
- f. Emphasis on defensive pressure from the left
- g. Emphasis on defensive pressure from the sides
- h. Emphasis on defensive pressure recovering into from behind the attacker

2. Variation: Play keep-away, both players stay in the box and work on maintaining possession for a set time. Keeping the ball away from the defender

3. Variation: all the same as above, but make it numbers up/numbers down

- a. 2 attackers v. 1 defender
- b. 1 attacker v. 2 defenders
- c. 2 attackers v. 2 defenders

Fun stuff: “dinking around”

Try funky stuff: aerals, lifts, flops, fakes, shots, jink, juggling low to the ground. Spinning one handed, both ways. Spinning with the ball in the air. Whatever you want! Check out [shintyjust4fun](#) on youtube for ideas.