

# HALL WARRIORS Field Hockey

*Summer workout program 2017*

**The workout packet if you choose to follow it is one way to help prepare you to be fit for preseason tryouts!**

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**\*\* First Day of Preseason is Thursday, August 24th \*\* Time - TBD**

- make sure to warm-up & cool-down properly! (this will help eliminate the possibility for unwanted injuries)
- Record any times to see improvements in your abilities throughout the summer
- Find a workout/ running buddy or buddies!
- schedule workouts during the cooler part of the day

**NUTRITION** - please, please, please, focus on what you put into your body each day! Make sure you eat balanced meals that will help you workout to your fullest. It is **EXTREMELY** important to hydrate **BEFORE, DURING, and AFTER** your workout.

**\*\* Listen to your body & give it plenty of rest time & hydration \*\***

## **Workout Schedule:**

1. Complete Warm-up
2. Complete Workout
3. Complete Cool-down
4. Hydrate!

## **Dynamic Warm-up:**

Do the following exercises over 15 yards: (5-10 minutes)

- Walking quad stretch - alternating legs, grab your ankle and pull towards your butt
- Walking hamstring stretch - touch toes with opposite hand, letting your back leg kick up behind you
- Side lunges
- Frankenstein's - kick up foot to hand while keeping the other knee straight
- Walking knee hugs - alternating legs, pull your knee to your chest as you walk
- High knees - keep your back straight, try to get as many in as you can before you hit the line
- High knee skip
- regular skip



\*\* make sure to stretch out anything else you think needs stretching :) \*\*

**Week 1, Day 1:**

- Run 10 minutes, walk 1 minute (repeat 3x)

- Stick Skills: 50 Yard increments
- Speed Dribble (ball should not leave the stick)
- Relaxed dribble (ball can come off the stick but no more than 1 yard)
- Indian Dribble (1 yard pulls from left to right while moving forward)
- Dribble with Lift dodges (count how many you can get in a row)

(Repeat 5 times)

**Week 1, Day 2:**

- Sprints ( @ full speed with 20-30 second rest inbetween)
- Choose 1 from each column for a total of 3 sets:

| Column 1                               | Column 2                               | Column 3                                |
|--|--|---|
| 4 x 50yds<br>4 x 100 yds<br>5 x 75 yds | 5 x 25 yds<br>5 x 30 yds<br>8 x 16 yds | 5 x 20 yds<br>15 x 5 yds<br>10 x 10 yds |

- **Core Strengthening:**

- 50 crunches
- 1 minute plank
- 20 bicycle crunches
- 10 leg lifts
- 25 Russian twists
- 5 burpees
- 30 second right side plank
- 30 second left side plank

(Repeat 3 times)

**Week 1, Day 3:** REST :)

**Week 1, Day 4:**

- Sprints ( @ full speed with 20-30 second rest inbetween)
- Choose 1 from each column for a total of 3 sets:

| Column 1                               | Column 2                               | Column 3                                |
|--|--|---|
| 4 x 50yds<br>4 x 100 yds<br>5 x 75 yds | 5 x 25 yds<br>5 x 30 yds<br>8 x 16 yds | 5 x 20 yds<br>15 x 5 yds<br>10 x 10 yds |

- **Core Strengthening:**

- 50 crunches
- 1 minute plank
- 20 bicycle crunches
- 10 leg lifts
- 25 Russian twists
- 5 burpees
- 30 second right side plank

- 30 second left side plank
- (Repeat 3 times)

**Week 1, Day 5:**

- 50 air dribbles
- 100 pull drags from right to left (feet stationary)
- 25 practice drives
- 25 practice flicks
- 25 practice push passes
- 25 practice slaps
- 25 practice scoops

(Repeat 3 times)

**Arms:** (w/ 5-12lb. Weights, try to increase your weights each week), 10-12 reps

- Biceps Curls
- Triceps Curls
- Push-ups (see how many you can do regular before you switch to knees on ground and build up until all are done in proper form)
- Reverse Dips(use chair, bench, couch, step)
- Curl with press (begin with weights at side, bicep curl up to shoulders with palms facing in and then switch to palms out at shoulder and press hands w/weights about head to sky, come down slowly to shoulder turn palms in and lower to starting position)
- Chest Press (laying on back press weights to ceiling and lower slowly)

(Repeat 2 times)

**Footwork:** (Repeat 2 times)

- 25 jumping jacks
- 25 jumps front to back over stick
- 25 jumps side to side over stick
- 25 high knees Ladders 2 minutes (use sticks, towels, string, tape => mark 12” long make sure 1 foot apart & at least 25 lines)

**Week 1, Day 6:**

- Distance Run
- Choose one:

|                           |                               |
|---------------------------|-------------------------------|
| Timed mile - Log the time | 20 min run - log the distance |
|---------------------------|-------------------------------|

**Week 1, Day 7:** REST :)

**Agilities:**

HAVE FUN WITH THESE! Add a STICK AND A BALL to ANY agility pattern to work on your ball control skills - STAY LOW Pick 1 or 2 days to do this on. Remember you can mix it up this is just a guideline and suggestions. (*continue throughout ALL weeks*)

- Line Drills - 10 Yards
  - 1. Start by sprinting from line A to line B at full speed.

- 2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish line).
- 3. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.
- Off Set Weave - Zig Zag Pattern with cone every 5 yards for a total of 15 yards
  - 1. Start by sprinting to the first cone.
  - 2. With a quick change of direction, begin back pedaling to the next cone (and repeat).
  - 3. Concentrate on accelerating out of the corners.
- Z-Drill - Make the letter Z in a 5 yard by 5 yard pattern
  - 1. Start by sprinting to the first cone at full speed.
  - 2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.
  - 3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.
  - 4. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.
- M Drill - Make the letter M in an 8 by 8 yard pattern
  - 1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.
  - 2. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.
- Figure 8 Drill - Make a Figure 8 in a 5 yard pattern
  - 1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle a through a figure 8 pattern.
- Pro-Agility Drill - Total is 10 yards, with the mid line in the middle at the 5 yard mark
  - 1. Start by straddling the mid line.
  - 2. Sprint hard to one side then all the way back to the far side and then finish by sprinting back to the middle. Touch each line as you cross

**\*\* Weeks 2-3 Will be week 1 repeated\*\***

**Weeks 4-5:**

**Week 4, Day 1:**

- Run 20 minutes, walk 1 minute (repeat 3x)
- Stick Skills:50 Yard increments
- Speed Dribble (ball should not leave the stick)
- Relaxed dribble (ball can come of the stick but no more than 1 yard)
- Indian Dribble (1 yard pulls from left to right while moving forward)
- Dribble with Lift dodges (count how many you can get in a row)

(Repeat 5 times)

**Week 2, Day 2:**

- Sprints ( @ full speed with 20-30 second rest inbetween)
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(Repeat 3 times)

**Week 4, Day 3:** REST :)

**Week 4, Day 4:**

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**Week 4, Day 7:** REST :)

**\*\* Week 6, recovery week \*\***

- Continue practicing stick work
- Continue core strengthening exercises
- Active recovery to rest your body for preseason ( walk, swim, bike)

“Champions are not people who never fail, they are the people who never quit.”

“When my body gets tired, my mind says, “**This is where winners are made.**” When my mind gets tired, my heart says, “**This is where champions are made.**” -Baylor

Barbee