

# Field Hockey

## Summer Conditioning Program

2020

In addition to the conditioning listed below, you should do stickwork and strength training. You should spend 20 – 30 minutes 2-3 times per week on your stickwork skills. If you can find a friend to work with it would be great. Practice carrying the ball and then pulling it left, right, forward and back. Practice dribbling forward, backward side to side and zigzag. Start slowly and work up to game speed. If you have a partner work on passing for accuracy....pushes, hits and flicks. You can also work on receiving the ball....dead stops as well as taking it on the move.

Footwork can also be practiced in these same skill sessions. We need quick feet and good balance. Practice quick slides left and right and on angles, forward and back. Grapevine, back pedaling and any quick change of direction skills would be beneficial!

Strength training should also be done 2-3 times per week. I realize that many of you cannot get to a gym. Feel free to YouTube videos of strength training exercises with your own body weight. Here is one example of a circuit that you might do (you should do 2-3 reps of this): Wall Sits – 45 second minimum Squats – 15 Jumping Squats – 15 Plank – 30 second minimum Push-ups – 10 minimum Lunges – 15 You should increase your time and reps as the weeks progress.

### CONDITIONING

#### FITNESS TESTS

On Tuesday, August 18 (first day of tryouts assuming no changes due to Covid-19) our **Fitness Test** will be one of the following: 12 X 100 yards. You will sprint 100 yards in 20 seconds or less, recovery jog back to start in 40 seconds, repeat 12 times. Goal is 12:00 minutes. Or;

300 yard shuttle run X 4. Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest 1:00 second between each shuttle. Repeat 4 times.

Remember to stretch well before and after each workout. Stay hydrated! You should be running four to five days each week depending upon the runs listed.

#### **Week 1: June 21 - 27**

Ease into conditioning... 4 days - 20 minute solid paced runs.

#### **Week 2: June 28 - July 4**

2 days X 25 minute run...solid paced.

1 day - **Sideline Run** X 2. Jog 4 lengths (1 lap); Jog 3 lengths, sprint 1 length; Jog 2 lengths, sprint 2 lengths; Jog 1 length, sprint 3 lengths; Sprint 4 lengths (1 lap); Jog 1 length, sprint 3 lengths; Jog 2 lengths, sprint 2 lengths; Jog 3, sprint 1; Jog 4 (1 lap). Rest for 3 minutes and repeat.

1 day – warm up jog for 10 minutes. 25-50-75-100 X 3. Sprint to the 25 and back, sprint to the 50 and back, sprint 75 and back, sprint 100 and back. Rest 3:00 minutes and repeat 3 times.

### **Week 3: July 5 – 11**

2 days - **Sideline Run** (see above).

2 days – 10 minute warm-up jog. Shuttle run 25-50-25 X 6. Sprint to 25 and back, sprint to 50 and back, sprint 25 and back. Rest 2 minutes and repeat 6 times.

1 day – warm-up jog. 12 X 100 Fitness Test.....try to complete it in 14:00 minutes or less.

### **Week 4: July 12 – 18**

1 day - 2 days 25 minute run.

2 days – 300 Yard Shuttle. Place 2 cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:25 each time. Rest 1:25 second between each shuttle. Repeat 3 times.

1 day – Shuttle Run 25-50-75-100. Sprint to the 25 and back, sprint to the 50 and back, sprint 75 and back, sprint 100 and back. Rest 2:50 minutes and repeat 4 times.

### **Week 5: July 19 – 25**

2 days - Sideline Run (see above)

2 days – 10 minute warm-up jog. Shuttle Run 25-50-25. Sprint to 25 and back, sprint to 50 and back, sprint 25 and back. Rest 2 minutes and repeat 8 times.

1 day – warm-up jog. 12 X 100 Fitness Test.....try to complete it in 12:45 minutes or less.

### **Week 6: July 26 – August 1**

1 day - 2 days X 25 minute run.

2 days – 300 Yard Shuttle. Place 2 cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest 1:20 second between each shuttle. Repeat 3 times.

1 day – 25-50-75-100 X 4. Sprint to the 25 and back, sprint to the 50 and back, sprint 75 and back, sprint 100 and back. Rest 2:30 minutes and repeat 4 times.

### **Week 7: August 2- August 8**

1 day – 25 minute run.

2 days – 10 minute warm-up jog. 25-50-25 X 8. Sprint to 25 and back, sprint to 50 and back, sprint 25 and back. Rest 2 minutes and repeat 8 times.

2 days – warm-up jog. 12 X 100 Fitness Test.....try to complete it in 12:30 minutes or less.

### **Week 8: August 9 – 15**

2 days - Sideline Run X 2

2 days – 300 Yard Shuttle. Place 2 cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest 1:20 second between each shuttle. Repeat 3 times.

### **Week 9: August 16 – 17**

1 day – warm-up jog. 12 X 100 Fitness Test.....try to complete it in 12:30 minutes or less.

1 day – 25 minute run.

### **On Tuesday, August 18 the first day of tryouts (assuming no changes due to COVID-19) our fitness test will be one of the following:**

12 X 100 yards. You will sprint 100 yards in 20 seconds or less, recovery jog back to start in 40 seconds, repeat 12 times. Goal is 12:00 minutes.

300 yard shuttle run X 4. Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest 1:00 second between each shuttle. Repeat 4 times.

### **Video References**

Skills are very important; I have attached a link to my collection of YouTube videos.

There are 40 in total. While you can watch them all (probably a couple of hours) I would recommend the following: 13, 14, 15, 22, 26, 33, 35, 36, 38, and 39.

<https://www.youtube.com/watch?v=1YG8KywU5RU&list=PLf2SPhZBSKjf7VGc7XdVtxnPgTZO7hAKZ&index=1>