

DISTRICT 9 HOCKEY

Weekly dryland routine

Every day: Sprints, Plyos

- Monday:** Warm-up, quick starts/backwards, plyos
Tuesday: Warm-up, First period, plyos
Wednesday: Warm-up, Quick starts/stride work, plyos
Thursday: Warm-up, The Hill, plyos
Friday: Warm-up, Captains game

Sprints

Warm up:

- Lap
- Butt-kicks
- High knees
- Over-Under fence
- Carioca
- Goose steps
- Lunges
- Gradual acceleration sprints.

Stretching & sit-ups during rest intervals. (use less rest if the workout is less than 15 minutes).

Running Sprints: Vary the workouts by emphasizing two of the four areas each day- three days a week.

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| 1. <u>Quick Starts (quick feet):</u> | 2 sets x 20 yards 3 sets x 30 yards 4 sets x 40 yards | start every 1 min. start every 90 sec. start every 2 min. |
| 2. <u>Backwards (quick feet, agility):</u> | 2 sets x 20-40 yards | start every 1-2 min. |
| 3. <u>Stride work (lengthen stride):</u> | 2-4 sets x 60-80 yards | start every 2-3 min. |
| 4. <u>Anaerobic (sprint) endurance:</u> | 3-6 sets x 150-200 yards | start every 2-3 min. |

First Period: 3 groups, 30-second sprints, 17 minutes

Plyometrics with or without vest: **Power & Endurance**

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| <u>Side-to-side jumps:</u> <u>(from 1 foot to the other)</u> | 2 sets x 12 each leg | start every 90 sec. |
| <u>One-legged squat jumps:</u> | 2 sets x 12 each leg | start every 90 sec. |
| <u>Two- legged squat jumps:</u> | 2 sets x 12 | start every 90 sec. |