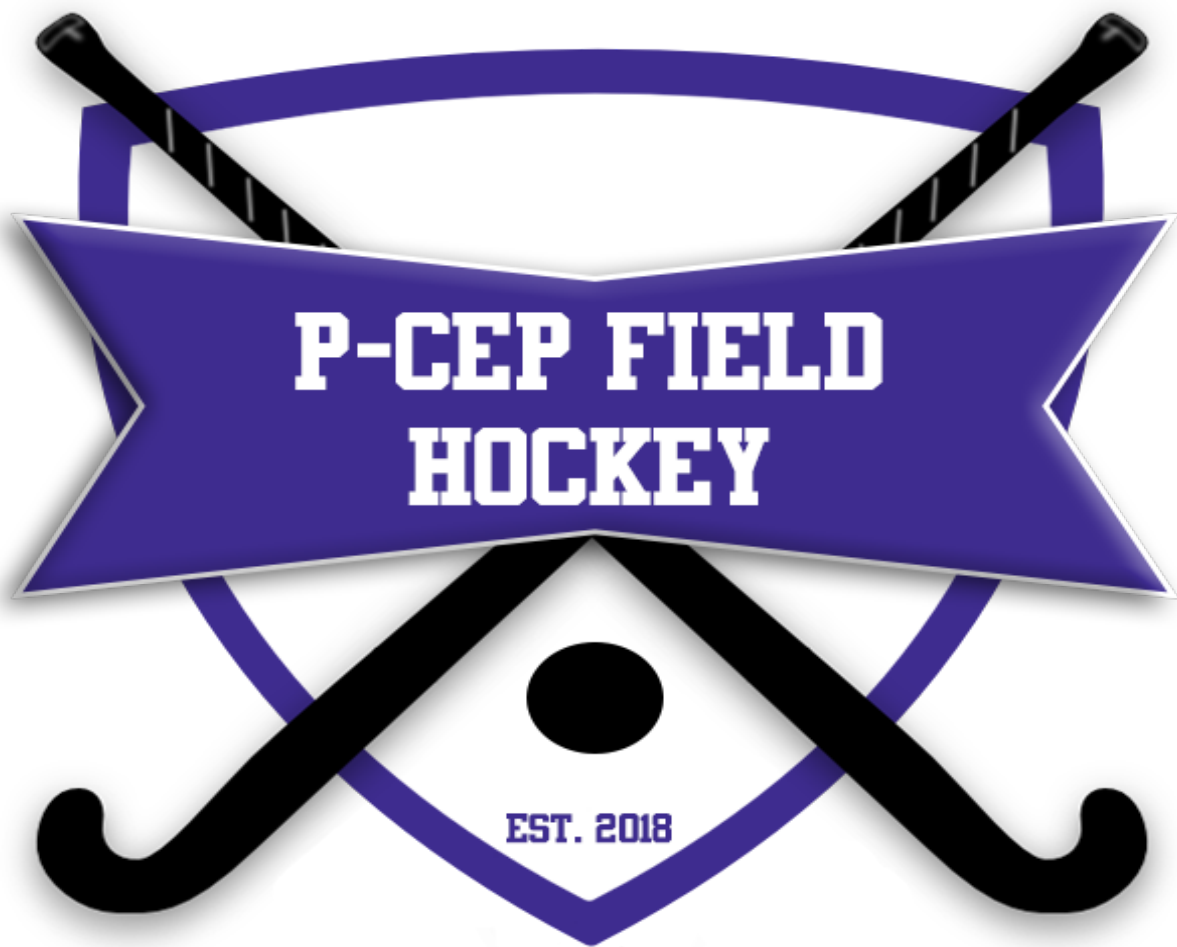


PCEP FIELD HOCKEY  
SUMMER CONDITIONING  
2023 SEASON



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.

I will provide many different workout options and you can choose which ones you would like to follow. Try and push yourself through each day of summer conditioning but make sure you listen to your bodies. Along with conditioning try and eat right. Staying hydrated will be a huge to staying fit. Make sure you have fun with it, blast your favorite music and get to know your teammates throughout the summer.

## **Day 1**

- 60 jumps-two footed jumps forward and back over your field hockey stick • 60 jumps-two footed jumps side to side over your field hockey stick
- Push-ups: work for 30 seconds, 15 seconds of rest, for 2 sets
- Lunges: each leg for 30 seconds, 15 seconds of rest, for 2 sets
- Burpees: 30 seconds, 15 seconds of rest, for 2 sets

### **Workout 3:**

- Push-ups: work for 40 seconds, 20 seconds of rest, for 2 sets • Lunges: each leg for 40 seconds, 20 seconds of rest, for 2 sets • Squat jumps: 40 seconds, 20 seconds of rest, for 2 sets
- Jump rope: one minute, for 3 sets

### **Workout 4:**

- 30 seconds push ups- sprint 25m
  - 30 seconds squats- sprint 25m
  - 30 seconds mountain climbers- sprint 25m • 30 seconds crunches- sprint 25m
  - 30 seconds burpees- sprint 25m
- REST 3 minutes. REPEAT workout x3.

## **Day 2**

**Workout 1:** 10 x 100 yards in 10 minutes.

Sprint 100 yards, turn and jog back (should take 1 minute). Repeat for 10 repetitions.

**Workout 2:** 200 yard shuttle

Sprint 10 yards and sprint back to the start Sprint 20 yards and sprint back to the start Sprint 30 yards and sprint back to the start Sprint 40 yards and sprint back to the start Rest 1 minute.

REPEAT 10x's.

**Workout 3:** On a track, complete the following: Sprint 50m, Jog 50m

Sprint 100m, Jog 100m

Sprint 200m, Jog 200m

REST 3 minutes REPEAT x4

**Workout 4:**

• Sprint 10 yards, 10 times, with a 10 second break in between each • Sprint 20 yards, 8 times, with a 20 second break in between each • Sprint 40 yards, 6 times, with a 30 second break in between each • Sprint 60 yards, 4 times, with a 40 second break in between each • Sprint 80 yards, 3 times, with a 50 second break in between each • Sprint 100 yards, 2 times with a 60 second break in between each

**Workout 5:** 120's

Sprint 120 yards (full field) in 20 seconds; get back to start in the remaining 40 secs. REPEAT 10x's with a 1-minute rest after 5 reps.

### **Day 3**

**Workout 1:** Timed mile. Record your time and aim to beat it each time you perform this workout.

**Workout 2:** Cooper run. Run for 12 minutes on a track and log the distance you covered to the nearest 100m. Aim for 1 1/2 miles (6 laps).

**Workout 3:** The gauntlet.

Run 1 mile as fast as possible (4 laps of a track) Rest 2 minutes

Run 800m (2 laps of a track)

Rest 2 minutes

Run 400m (1 lap of a track)

Rest 1 minute

Run 200m

Rest 30 seconds

Run 100m

Rest 30 seconds

Run 50m

**Workout 4:** 1.5 miles fartlek (6 laps of the track) Sprint the straight-aways, jog the curves.

**Workout 5:**

- Run 800 meters (two laps) aim for 3 minutes, rest for 3 minutes • Run 600 meters, aim for 2:25 minutes, rest for 3 minutes
- Run for 400 meters, aim for 1:40 minutes, rest for 2 minutes
- Run for 200 meters, aim for 50 seconds, rest for 1 minute
- Run for 100 meters for 25 seconds, Rest for 3 minutes and Repeat.

Or

## Cardio:

**Week 1 Day 1:** Run 10 minutes, walk 1 minute, repeat 3 times then power walk 3 minutes. (36 minute cardio workout total)

**Day 2 and 4 Each Week:** SPRINTS - ARE AT FULL SPEED with a REST Period of 20-30 seconds in between each - CHOOSE 1 from each column for a total of 3 sets:

1. 4 X 50 yards 4 X 100 yards 5 X 75 yards
2. 5 X 25 yards 5 X 30 yards 8 X 16 yards
3. 5 X 20 yards 15 X 5 yards 10 X 10 yards

Week 1 Day 5: Bike, Swim, Rollerblade, elliptical, cardio salsa, Zumba (45-60 minutes) Day 6  
Each Week: DISTANCE RUN - CHOOSE 1:

Timed Mile – Log the time 40-60 minute Run Log the Distance

## Week 2-8

**Day 1:** Run 3 minutes, sprint 1 minute (Repeat 9 times), power walk 3 minutes to cool down

**Day 2 and 4 Each Week:** SPRINTS - ARE AT FULL SPEED with a REST Period of 20-30 seconds in between each - CHOOSE 1 from each column for a total of 3 sets:

1. 4 X 50 yards 5 X 25 yards 5 X 20 yards
2. 4 X 100 yards 5 X 30 yards 15 X 5 yards
3. 5 X 75 yards 8 X 16 yards 10 X 10 yards

## Week 1 Day 5

Timed Mile – Log the time

40-60 minute Run– Log the Distance

**Plyometrics:** 25yard increments repeat on days 1, 3, 5 of the week

Soldier kicks, elephant walk, worms, Spiderman's, forward lunges, backward lunges, side lunges, high knees, butt kicks, basketball shuffle right, basketball shuffle left, karaoke right, karaoke left.

**Stick Skills:** Repeat sequence on days 1 and 4 of each week 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)

Repeat sequence on days 2 and 5 each week

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)

Do this sequence on Day 6

50 yards for each

Speed Dribble with dodges (right, left, spin, popover) (you can use water bottles, shirts, or sticks as cones) Reverse drag

Reverse sweep hits (10 in a row, make sure knuckles are on the ground and you get low)

Forward sweep hits (10 in row, make sure knuckles are on the ground and you get low)

Indian Dribble (50 yards)

(Repeat 2 times)

Core Strengthening: Repeat Days 2,4,6 50 crunches

1 minute plank

40 bicycle crunches

20 leg lifts

50 Russian twists

10 burpees

30 second right side plank 30 second left side plank Repeat sequence 3 times

Arms: Repeat on Days 1 and 5; 12-15 reps (repeat 2 times/session) Biceps Curls (w/5-12lb weights)

Triceps Curls (w/ 5-12lb weights)

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)

Press (laying on back press weights to ceiling and lower slowly)

Foot Work: Repeat on Days 1 and 5; repeat sequence 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)

Power Leg Workout: 1 day a week take the power leg workout challenge do as many as you can with the end goal to complete this whole workout at once with 2 reps by week 8. You pick the day!

100 squats

90 walking lunges

80 mountain climbers 70 sumo squats

60 calf raises

50 glute bridge raises 40 curtsy squats

30 bench step-ups 20 squats jumps

10 Burpees

Repeat 2 times

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.

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 midline 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

Again all of this is just a rough draft of how your summer conditioning could look. Make sure you prepare for the heat. Stay hydrated. Have fun and most importantly be safe. Listen to your bodies. Enjoy a summer full of field hockey! If you ever need to get in contact with me feel free to reach out.

Coach Z

(248) 854-7363



