

BHS Field Hockey 8 week intensive conditioning program

Please use the following 8-week program as a guide to get ready for preseason. Use it as a reference whether or not you are attending field hockey camp or workout with teammates. Preseason workouts are optional, however you will be expected to be in shape at the start of preseason and fitness levels will be tested. We need to take the time during preseason concentrating on increasing fitness levels, teaching individual skills and team strategy. Being fit, hydrated, eating smart foods and being rested will help to prevent injury and promote dedication and commitment for a successful season.

"There is a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you are committed to something, you accept no excuses; only results" Kenneth Blanchard."

Every workout should also include:

- 1) A light warm up: 5 minutes of jogging/walking & dynamic Stretching
- 2) Cool Down: light jog or walk followed by dynamic stretching
- 3) Stick work and Ball Control - Please use proper techniques!
- 4) Schedule workout during the cooler parts of the day.
- 5) Work out with a buddy or under parental supervision for safety and motivation 😊
- 6) **Training Calendar – due on 8/18 at 7:00am**

8 WEEK CARDIO WORKOUT DAYS 1 -2- 4-5 -6- LOG YOUR WORKOUTS ON YOUR CALENDAR!

Week 1 Through Week 8: Days 3 and 7 are rest days.

Cardio:

Week 1

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	2	3
4 X 50 yards	5 X 25 yards	5 X 20 yards
4 X 100 yards	5 X 30 yards	15 X 5 yards
5 X 75 yards	8 X 16 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	2	3
4 X 50 yards	5 X 25 yards	5 X 20 yards
4 X 100 yards	5 X 30 yards	15 X 5 yards
5 X 75 yards	8 X 16 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 (with sprints between mailboxes) Log the Distance

"Your biggest challenge isn't someone else. It's the ache in your lungs and the burning in your legs, and the voice inside that yells "CANT," but you don't listen. You just push harder, and then you hear the voice whisper "CAN" and you discover the person you thought you were is no match for the one you really are."

Plyometrics: 25 yard 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)

Fun Fact:

Did you know? It takes practicing a skill such as lift dodges between 3,000-5,000 times before it becomes an automatic behavior.

"Ability may get you to the top, but it takes character to keep you there"

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 heat 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

BHSFH 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.

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

"Success in life can never be an accident. It is the result of right decisions at the right time. Champions are not the people who never fail, but the people who never quit."

2014 Goals for BHS Dragons Field Hockey

1. Improve the regular season record (1 year goal)
2. Improve the shooting percentages (1 year goal)
3. Improve scoring percentages (1 year goal)
4. Improve Goal Keepers saves to goals percentage (1 year goal)
5. Provide Team bonding opportunities to view and learn about collegiate field hockey
6. Ensure excellence in academics for all Field Hockey Players
7. Improve players stick skills, foot work, and dodging skills

“Talent wins games, but teamwork and intelligence wins championships”

SNACK IDEAS

Snack Suggestions to fuel you bodies during and after these workouts. Be sure to consume 1/2 your body weight in ounces in water during conditioning and preseason to ensure you do not get dehydrated. Example if you weigh 135 pounds then you should consume 67.5 ounces of water daily. Eat 2 snacks a day between meals.

1. Apples or celery sticks & soy-nut butter, peanut butter, almond butter, etc... (6-8 4" sticks)
2. Berry Smoothie (Frozen berries, yogurt, 1 tbsp. of nut butter, low fat milk, 1 banana) (8oz. serving)
3. Veggies and ranch
4. 1 handful of nuts
5. Crackers and cream cheese or cheese slices (4 oz)
6. Tortilla chips & salsa
7. Apples or grapes (1 cup) and 4 oz of cheese
8. Edamame (1 cup)
9. 1 cup cottage cheese and fruit
10. Veggies or pita chips and humus
11. Turkey, lettuce, and cheese roll-ups
12. Come up with some fun snacks that are healthy and provide a complex carbohydrate and protein to fuel and repair your body

“It’s not so important who starts the game, it’s who finishes it”