

Pine-Richland Summer Conditioning Packet

Week 1

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1 mile 1x/Week Target: <u>Under 9 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 2

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1 mile Target: <u>Under 8 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 3

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1.5 miles Target: <u>Under 14 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 4

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1.5 miles Target: <u>Under 13 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 5

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 2 miles Target: <u>Under 18 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 6

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 2 miles Target: <u>Under 17 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 7

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1.5 miles Target: <u>Under 12 min.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 8

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1.5 miles Target: <u>Under 11 min. 30 sec.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Week 9

Agility / Footwork: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
Legs: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats (Wall Sits) 5 sets 30-60 sec.			
Speed: 2x/Week	Date	Date	
Jakub's Training			
Self-Paced			
Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
Aerobic: 3x/Week			
	Date / Run Time		
Run 1 mile Target: <u>Under 7 min. 30 sec.</u>			
Core: 2x/Week	Date	Date	Date
Jakub's Training			
Self-Paced			
Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
Stick Skills / Goalie Skills: 2x/Week	Date	Date	Date
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Stick Skills

Indian Dribbling	Dates / Number Completed:
	1000 Completion Date:
Pulls	Dates / Number Completed:
	1000 Completion Date:
Lifts	Dates / Number Completed:
	1000 Completion Date:
Push Passes	Dates / Number Completed:
	1000 Completion Date:
Hits	Dates / Number Completed:
	1000 Completion Date:
Shots on Goal	Dates / Number Completed:
	1000 Completion Date:

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1000's Club

Goalie Skills

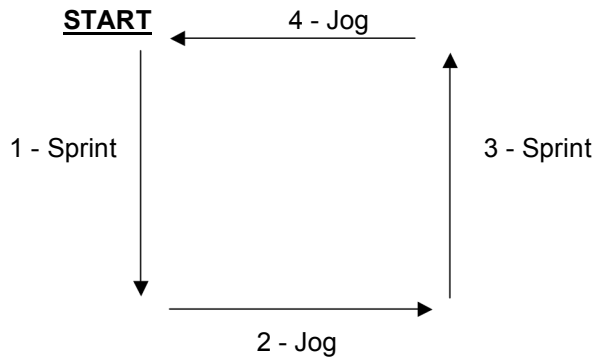
Slides	Dates / Number Completed:
	1000 Completion Date:
Slides with Ball	Dates / Number Completed:
	1000 Completion Date:
Lunges	Dates / Number Completed:
	1000 Completion Date:
Triangles	Dates / Number Completed:
	1000 Completion Date:
Soccer Ball Kicks	Dates / Number Completed:
	1000 Completion Date:
Saves	Dates / Number Completed:
	1000 Completion Date:

Agility / Footwork

Pine-Richland Summer Conditioning Packet

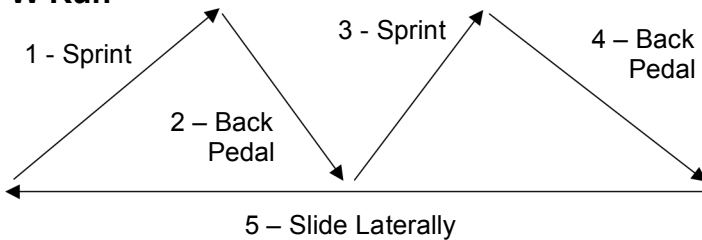
5 Yard Square

This reinforces the 'change of direction' footwork needed in games.



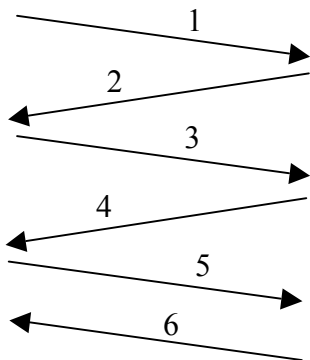
1. Create a 5 yard square.
2. Alternate SPRINT and JOG the sides of the square.
3. Do 3 sets of 8 repetitions.
4. After 1st rep., switch direction and go clockwise.

W Run



1. Run in a 'W' formation—sprint forward then back pedal through pattern.
2. Repeat when you return to the start.
3. Cones are placed 7 yds. apart.
4. Do 3 timed sets of 30 sec. (or 40-50-60 sec.)




Z Run



1. Zig zag around cones making quick turns and accelerating.
2. Do 3 sets of 30 seconds or 40-50-60 secs.
3. Cones are 5-7 yds. apart from each other at various lengths and widths.

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Leg Workout

		<p>Squats</p> <ol style="list-style-type: none"> 1. Place an exercise ball behind the back and against the wall with feet hip-width apart, abs in and torso straight. 2. Bend your knees and lower down until knees are at 90 degrees (don't go down as low if you have knee problems). 3. Repeat for 30-60 seconds and hold weights for added intensity.
		<p>Lunges</p> <ol style="list-style-type: none"> 1. Stand in split stance, right foot in front. 2. Bend the knees and lower body into lunge position, keeping the right knee behind the toe, torso upright and abs in. 30 seconds, then switch legs for 30 seconds. 3. Hold weights for added intensity.
		<p>Squats with Front Kick</p> <ol style="list-style-type: none"> 1. Stand with feet together. 2. Bring the right knee up and extend the leg in a front kick (don't lock the knee!). 3. Lower down into a low squat (knees behind toes) and then kick with the left leg. 4. Repeat (right kick, squat, left kick) for 1-3 minutes.

Speed Training

Skip for Height:

Purpose is to increase hip extension and flexion strength, improve ankle-muscle stiffness, enhance leg power and stride length.

1. Skip, driving the free knee upward as aggressively as possible.
2. Make the arm action very aggressive as well.
3. Try to skip as high as possible on each jump.

Skip for Distance:

Purpose is to increase hip power and stride length

1. Start in a lunge position.
2. Jump straight into the air and return to the original position.
3. Repeat without pausing.
4. Repeat for other leg.

Tips : The knee closest to the ground should never touch the ground. Your hands are either placed on either side of your head (near the ears) or may be used in unison to drive upward with each jump.








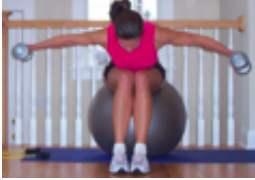
Falling Starts:

Purpose is to enhance quick leg turnover at start and teach the proper acceleration lean.

1. Stand with the feet together and lean forward until your balance is lost.
2. At this point, accelerate at full speed to catch yourself.
3. Run 20 to 30 yards.

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Core Workout

	<p>Reverse Crunch (Abs)</p> <ol style="list-style-type: none"> 1. Lie on your back and extend the legs up towards the ceiling. 2. Place hands behind your head (lightly cupping it) and contract the abs to lift the shoulder blades off the floor. 3. At the same time, press the heels towards the ceiling, creating a 'u' shape with the torso.
	<p>Bicycle Exercise (Abs)</p> <ol style="list-style-type: none"> 1. Lie face up on the floor and lace your fingers behind your head. 2. Bring the knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck. 3. Straight the left leg out to about a 45-degree angle while simultaneously turning the upper body to the right, bringing the left elbow towards the right knee. 4. Switch sides, bringing the right elbow towards the left knee.
	<p>Vertical Leg Crunch (Abs)</p> <ol style="list-style-type: none"> 1. Lie face up on the floor and extend the legs straight up with knees crossed. 2. Contract the abs to lift the shoulder blades off the floor, as though reaching your chest towards your feet. 3. Keep the legs in a fixed position and imagine bringing your belly button towards your spine at the top of the movement.
	<p>Plank on Elbows and Toes (Abs)</p> <ol style="list-style-type: none"> 1. Lie face down on mat resting on the forearms, palms flat on the floor. 2. Push off the floor, raising up onto toes and resting on the elbows. 3. Keep your back flat, in a straight line from head to heels. 4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air. 5. Hold for 20 to 60 seconds.
	<p>Back Extension (Back)</p> <ol style="list-style-type: none"> 1. Lie face down on a mat and place the hands on the floor or behind the head (more advanced). 2. Contract the abs and keep them contracted throughout the exercise. 3. Squeeze the back to lift the chest a few inches off the floor. 4. Lower and repeat. <p>Tips : Imagine that you're lengthening the torso as you lift the chest up. To add intensity, you can also lift the legs off the floor at the same time.</p>
	<p>Back Extensions on the Ball (Back)</p> <ol style="list-style-type: none"> 1. Lie down with the ball under the belly and hips, legs straight out behind you (or knees bent for a modification). 2. Place the hands behind the head or under the chin - you can also keep the hands resting on the ball if you need a modification. 3. Round down over the ball and then squeeze the lower back to lift the chest off the ball. 4. Raise up until the body is straight (don't hyperextend), lower down and repeat
	<p>Dumbbell Rows (Back)</p> <ol style="list-style-type: none"> 1. Bend over at the waist until torso parallel to floor or at 45 degree angle, abs in and knees slightly bent. 2. Hold the weights straight down without locking the elbows. 3. Bend the elbows and pull the weights up until the elbows are level with the torso. Try to keep the shoulders relaxed and away from the ears. 4. Lower down and repeat for specified number of reps then switch sides. <p>Tips : Be sure to keep your abs contracted throughout the movement to support the lower back. If this exercise hurts your lower back, try doing it one arm at a time with the hand supported on a bench or ball.</p>
	<p>Reverse Fly (Back)</p> <ol style="list-style-type: none"> 1. Use light-medium dumbbells and begin in a seated position, bent over with arms hanging down and weights under the knees. 2. Try not to collapse on the legs but, instead, keep the back straight and the abs engaged. 3. Lift the arms out to the sides, up to shoulder level, squeezing shoulder blades together. 4. Keep the elbows slightly bent and only lift to shoulders. 5. Lower and repeat for 1 to 3 sets of 12-16 repetitions, with a 20-30 second rest between sets.

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Stick Skills

Indian Dribbling:

Indian dribbling involves dribbling the ball by alternating between regular side and reverse side dribbles. The dribbling is done in a tight, controlled manner.

1. Set up 2 cones 10 yards.
2. Get in proper field hockey stance.
3. Place ball in your control box out in front of you.
4. Indian dribble up 10 yards.
5. Circle around with the ball on your stick – important to keep the ball moving so you don't commit obstruction.
6. Indian dribble back 10 yards.
7. One complete Indian dribble is 10 yards.

Pulls:

1. Get in proper field hockey stance.
2. Place ball in your control box out in front of you.
3. Pull the ball from off your right foot to off your left foot and back again with the reverse side of the stick.
4. Be sure to transfer your weight from right to left and back to right again.
5. Keep your head up and have your left hand at knee height (not hip height).
6. One complete pull is from the right to the left and back to the right.

Lifts:

You need a bucket for this drill.

1. Practice stationary lifts from various distances.
2. Then practice carrying the ball and lifting on the move.
3. Perform lifts on both the regular and reverse stick (reverse lift is know as the jinx).
4. Be sure that your left arm drops down in order to get under the ball to lift it.

Push Passes:

1. Find a wall and pass to it.
2. Dribble from different directions and execute a pass.
3. Work on passing off both feet.
4. Challenge yourself with reverse stick passes as well.

Hits:

1. Find a wall and hit against it.
2. Challenge yourself to hit to a certain spot 5 times in a row.
3. Then hit to another spot 5 times in a row.
4. Always hit with a ball placed in motion to make it game like. Do not hit stationary balls.
5. Challenge yourself with reverse hits.

Shots on Goal:

1. You need to go to the field to use the goal cage for this drill.
2. Position balls around the circle within 7 yards of the goal (stroke mark to goal area). This is our high probability scoring zone.
3. Take shots on goal using different types of shots.
4. Try shots off both feet.
5. Challenge yourself to try advance shots such as the flick, drag flick, reverse chip, lift, jinx, and punch or pop.

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Goalie Skills

Slides:

1. Set up 2 cones 4 yards apart (width of goal cage).
2. Get in a squat position with your head up, weight on balls of feet, and your hands out to sides at hip height.
3. Slide in between cones touching the cone with your hand.
4. 10 touches per set (5 each cone).
5. Focus on staying low and not bobbing up and down especially when you get tired.

Slides with Ball:

You need a partner (ball server) for this drill.

1. Set up 2 cones 4 yards apart (width of goal cage).
2. Slide from cone to cone as the server tosses a ball just outside the cone.
3. Catch the ball with only the outside hand.
4. Immediately toss (underhand) the ball back to the server as you slide to the other cone.
5. 10 catches per set (5 each hand).
6. Go through each variation – Slow, Fast, High/Low

Lunges:

1. Set up 2 cones 4 yards apart (width of goal cage).
2. Get in a squat position with your head up, weight on balls of feet, and your hands out to sides at hip height.
3. Lunge left, reset, and then lunge right.
4. 10 lunges per set (5 each side).

Triangles:

1. Set up 3 cones in the shape of a triangle with 4 yard sides.
2. Start in the center on one side.
3. Get in a squat position with your head up, weight on balls of feet, and your hands out to sides at hip height.
4. Sprint up to cone at top of triangle.
5. Drop step to one side in proper goalie stance and slide down to triangle corner and back to center of side.
6. Repeat sprint to top of triangle and then drop step to other side.
7. 10 complete triangles per set.

Soccer Ball Kicks:

A Size 1 soccer ball is very similar to kicking a hockey ball in pads because like a hockey ball, the small soccer ball will pop up if your head is up or if you do not contact the ball in the perfect spot on your foot.

You can do this drill with a partner or by yourself, kicking the ball against a wall, about 10 yards away. Then, move in closer to work on your reaction time and farther away to work on your power.

Use a line or marker to help with this technique.

1. Start behind the line.
2. Meet the ball as you step over the line with a fluid step-through motion with your weight forward, following through toward your target (wall or partner).
3. Reset back behind the line.
4. Clears should stay low and controlled on the ground.

Saves:

One or more field players are needed to shoot on goal for this drill. You need to go to the field to use the goal cage and be in full goalie gear. Set up in the proper goalie stance. Work on saves and clears as field players take shots on goal.