

# Pine-Richland Field Hockey

## Summer Training Program – Conditioning

Proper conditioning will allow you to maximize your athletic skills. Workouts should be performed each week for the duration of summer. Fill in the sheets as you go to chart your progress. It will be rather easy to tell if you followed the routine by the fitness level you exhibit at tryouts.

You have the option of participating in the fee-based program of group conditioning or train on your own or with a partner.

The organized fee-based program and the self-paced one are designed to guide you from Week 1 at the start of the summer to Week 8 as you move into tryouts. It shows you how to develop progressively and how to monitor your progress over the course of the summer so you are well poised to perform on Day 1 of tryouts and into the season.

### Program Goals:

1. Progressive training - establish a routine of training to improve your physical conditioning.
2. Prevent injury – a well-conditioned, flexible athlete is less likely to be injured and will recuperate more quickly if injured.
3. Increase work capacity – a well-conditioned athlete can respond to the demands of field hockey competition and recover more quickly during games.
4. Develop core strength and body awareness – abdominal, low back, and hip strength are essential to transfer the force generated by the legs to the upper body and to sustain proper field hockey posture.
5. Improve stick skills – the ability to handle the ball confidently and skillfully differentiates hockey players on the field.

### Sources:

- Spotsylvania Knights 2008 Field Hockey Summer Strength and Conditioning Program
- *Worcester state 2007 field hockey summer strength and conditioning program*
- *Edina Hornet Volleyball Summer Conditioning Program*
- *Washington & Jefferson College Summer Conditioning Program*
- *National Field Hockey Coaches Association Coaches Clinic Goal Keeping Drills*
- *Book: Winning Field Hockey for Girls by Becky Swissler*
- *Book: Training for Speed, Agility and Quickness by Lee Brown and Vance Ferrigno*
- *Book: Field Hockey Techniques and Tactics*
- *Champions Edge Field Hockey website - [www.ce-fieldhockey.com](http://www.ce-fieldhockey.com)*

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### Sample Weekly Training Plan

Monday	Agility / Footwork Legs Speed Aerobic (Timed Run, Intervals or Fartleks) Core	1 hour    30 minutes
Tuesday	Stick Skills / Goalie Skills Watch Field Hockey	20-30 minutes 10-15 minutes
Wednesday	Agility / Footwork Legs Speed Aerobic (Timed Run, Intervals or Fartleks) Core	1 hour    30 minutes
Thursday	Stick Skills / Goalie Skills Summer League (Aerobic)	20-30 minutes 1 ½ - 2 hours
Friday	Core Stick Skills / Goalie Skills Watch Field Hockey	30 minutes 20-30 minutes 10-15 minutes
Saturday	Aerobic (Timed Run, Intervals or Fartleks)	10 minutes to warm-up 8-31 minutes for run 10 minutes to stretch
Sunday	Rest	
	Total Weekly Time Commitment:	8 hours

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**Week #** \_\_\_\_\_ **Dates:** \_\_\_\_\_ **Name:** \_\_\_\_\_

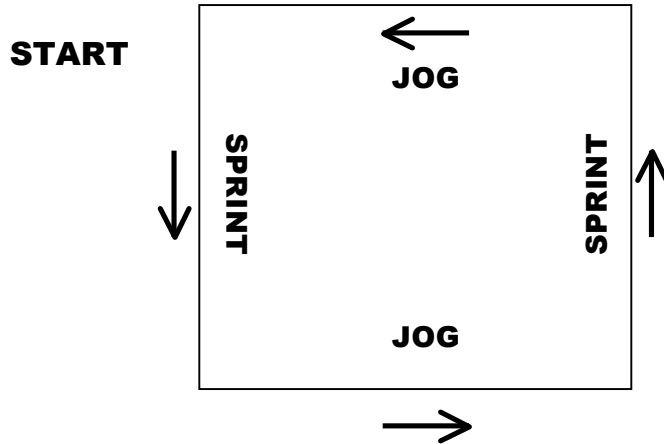
<b>Agility / Footwork: 2x/Week</b>	<b>Date</b>	<b>Date</b>	
> <b>Group Training</b>			
> <b>Self-Paced</b> 5 Yard Square 3 sets 8 reps.			
W Run 3 sets 30-60 sec.			
Z Run 3 sets 30-60 sec.			
<b>Speed: 2x/Week</b>	<b>Date</b>	<b>Date</b>	
> <b>Group Training</b>			
> <b>Self-Paced</b> Skip for Height 3 sets 15-20 reps.			
Skip for Distance 3 sets 15-20 reps.			
Falling Starts 3 sets 15-20 reps.			
<b>Timed Run Progression: 1-2x/Week</b>	<b>Date / Run Time</b>	<b>Date / Run Time</b>	
> <b>Group Training</b>			
> <b>Self-Paced</b>			
<b>Intervals or Fartleks: 1-2x/Week</b>	<b>Date / Run Time</b>	<b>Date / Run Time</b>	
> <b>Group Training</b>			
> <b>Self-Paced</b>			
<b>Legs: 2x/Week</b>	<b>Date</b>	<b>Date</b>	
> <b>Group Training</b>			
> <b>Self-Paced</b> Lunges 3 sets 15-20 reps.			
Squats w/ Front Kick 3 sets 15-20 reps			
Squats - Wall Sits 5 sets 30-60 sec.			
<b>Arms: 2x/Week</b>	<b>Date</b>	<b>Date</b>	
> <b>Group Training</b>			
> <b>Self-Paced</b> Dumbbell Rows 3 sets 15-20 reps.			
Reverse Fly 3 sets 15-20 reps.			
<b>Core: 3x/Week</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
> <b>Group Training</b>			
> <b>Self-Paced</b> Reverse Crunch 3 sets 10-15 reps.			
Bicycle Exercise 3 sets 15-20 reps.			
Vertical Leg Crunch 3 sets 10-15 reps.			
Plank 3 sets 10-15 reps.			
Back Extension 3 sets 15-20 reps.			
<b>Stick Skills / Goalie Skills: 3x/Week</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
1000's Club			
<b>Watch Field Hockey: 2x/Week</b>	<b>Date</b>	<b>Date</b>	
Watch online videos for 10-15 mins.			

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### Agility / Footwork

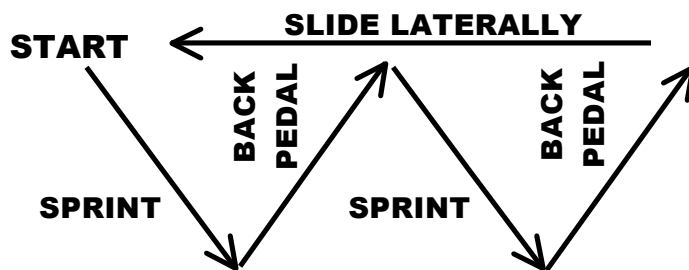
#### 5 Yard Square



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

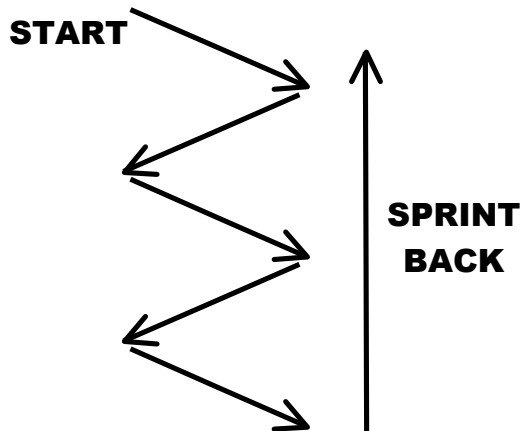
1. Create a 5-yard square.
2. Alternate SPRINT and JOG the sides of the square.
3. Do 3 sets of 8 repetitions.
4. After 1st rep., switch direction and go clockwise.

#### W Run



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

#### Z Run



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

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### 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.

### Timed Run Progression

Week 1	June 15 – June 21	1 mile under 9 min.
Week 2	June 22 – June 28	1 mile under 8 min.
Week 3	June 29 – July 5	1.5 miles under 14 min.
Week 4	July 6 – July 12	1.5 miles under 13 min.
Week 5	July 13 – July 19	2 miles under 21 min.
Week 6	July 20 – July 26	2 miles under 20 min.
Week 7	July 27 – Aug 2	2.5 miles under 27 min.
Week 8	Aug 3 – Aug 9	2.5 miles under 26 min.

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### Intervals

Intervals are high intensity, short duration sprints. All intervals should be done on a track or a lined field. Adhere strictly to the rest times that are listed in each interval workout. Do not take additional rest in between. These workouts should be hard and you should be drained when you are finished. Your heart rate should be towards the upper end of your target heart range immediately after your intervals and should drop below your target heart rate range (but no lower than 120 beats per minute) before you begin your next set. A heart rate monitor would be an excellent tool to use while running intervals.

#### Sample Interval Workouts:

##### Interval I

- 2 x 800 meters; 4 minute rest
- 2 x 400 meters; 2:30 minute rest
- 2 x 200 meters; 1:30 minute rest
- 4 x 100 meters; 45 second rest
- 4 x 50 meters; 30 second rest

Total Miles: 2.15

##### Interval II

- 6 x 200 meters; 1 minute rest
- 6 x 400 meters; 2 minute rest

Total Miles: 2.25

### Fartleks

Fartlek workouts are a combination of intense runs alternated with modified rests performed at various speeds and distances. This kind of running simulates the running that you perform in a game much more closely than a steady distance run. When running your fartleks make sure that your shorter times are run at top speed and your longer times are run at a pace that is similar to the pace you would run an 800. There should be definite difference between your jog (“off”) and your run (“on”). Fartlek workouts are more fun when you run them with a partner that you can race against. Push yourself!

#### Sample Fartlek Workouts:

KEY: On = sprint; Off = jog; Run = 800 meter pace (faster than jog); X = number of reps

##### Fartlek I

- 5 min. run
- 2 min. on / 2 min. off x 4
- 1:30 on / 1:30 off x 4
- 1 min. on / 45 sec. off x 4
- 5 min. run

Total: 39 minutes

##### Fartlek II




- 5 min. steady pace
- 1 min. on / 1 min. off x 2
- 1:30 min. on / 1:30 min. off x 2
- 2 min. on / 2 min. off x 2
- 1:30 min. on / 1:30 min. off x 2
- 1 min. on / 1 min. off x 2
- 5 min. steady pace

Total: 38 minutes



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### Legs Workout

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







### Arms Workout

	<p><b>Dumbbell Rows (Back)</b></p> <ol style="list-style-type: none"> <li>1. Bend over at the waist until torso parallel to floor or at 45 degree angle, abs in and knees slightly bent.</li> <li>2. Hold the weights straight down without locking the elbows.</li> <li>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.</li> <li>4. Lower down and repeat for specified number of reps then switch sides.</li> </ol> <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><b>Reverse Fly (Back)</b></p> <ol style="list-style-type: none"> <li>1. Use light-medium dumbbells and begin in a seated position, bent over with arms hanging down and weights under the knees.</li> <li>2. Try not to collapse on the legs but, instead, keep the back straight and the abs engaged.</li> <li>3. Lift the arms out to the sides, up to shoulder level, squeezing shoulder blades together.</li> <li>4. Keep the elbows slightly bent and only lift to shoulders.</li> <li>5. Lower and repeat for 1 to 3 sets of 12-16 repetitions, with a 20-30 second rest between sets.</li> </ol>

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### Core Workout

	<p><b>Reverse Crunch (Abs)</b></p> <ol style="list-style-type: none"> <li>1. Lie on your back and extend the legs up towards the ceiling.</li> <li>2. Place hands behind your head (lightly cupping it) and contract the abs to lift the shoulder blades off the floor.</li> <li>3. At the same time, press the heels towards the ceiling, creating a 'u' shape with the torso.</li> </ol>
	<p><b>Bicycle Exercise (Abs)</b></p> <ol style="list-style-type: none"> <li>1. Lie face up on the floor and lace your fingers behind your head.</li> <li>2. Bring the knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck.</li> <li>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.</li> <li>4. Switch sides, bringing the right elbow towards the left knee.</li> </ol>
	<p><b>Vertical Leg Crunch (Abs)</b></p> <ol style="list-style-type: none"> <li>1. Lie face up on the floor and extend the legs straight up with knees crossed.</li> <li>2. Contract the abs to lift the shoulder blades off the floor, as though reaching your chest towards your feet.</li> <li>3. Keep the legs in a fixed position and imagine bringing your belly button towards your spine at the top of the movement.</li> </ol>
	<p><b>Plank on Elbows and Toes (Abs)</b></p> <ol style="list-style-type: none"> <li>1. Lie face down on mat resting on the forearms, palms flat on the floor.</li> <li>2. Push off the floor, raising up onto toes and resting on the elbows.</li> <li>3. Keep your back flat, in a straight line from head to heels.</li> <li>4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.</li> <li>5. Hold for 20 to 60 seconds.</li> </ol>
	<p><b>Back Extension (Back)</b></p> <ol style="list-style-type: none"> <li>1. Lie face down on a mat and place the hands on the floor or behind the head (more advanced).</li> <li>2. Contract the abs and keep them contracted throughout the exercise.</li> <li>3. Squeeze the back to lift the chest a few inches off the floor.</li> <li>4. Lower and repeat.</li> </ol> <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><b>Back Extensions on the Ball (Back)</b></p> <ol style="list-style-type: none"> <li>1. Lie down with the ball under the belly and hips, legs straight out behind you (or knees bent for a modification).</li> <li>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.</li> <li>3. Round down over the ball and then squeeze the lower back to lift the chest off the ball.</li> <li>4. Raise up until the body is straight (don't hyperextend), lower down and repeat</li> </ol>