

Pine-Richland Field Hockey x 1000's Club

See Pine-Richland Field Hockey You Tube Channel for 1000s Club Playlists

Use Tracking Sheet to record reps. REMEMBER TO TOTAL THE COLUMNS AND RECORD THE OVERAL TOTALS.

FIELD PLAYER:

Complete 1000's reps of each of the following skills using a combination of the various drills provided:

Click for YouTube PlayList: [1000's Club - Field Player YouTube Playlist](#)

1. Dribbling (10 yards = 1 rep)
2. Pulls & Dodges
3. Lifts & Overheads
4. Push, Hit, Sweeps & Chip
5. Shots, Strokes & Drag Flicks

GOALIE

Complete 1000's reps of each of the following skills using a combination of the various drills provided:

Click for YouTube PlayList: [1000's Club - Goalie YouTube Playlist](#)

1. Footwork
2. Slides

Complete 1000's balls for each of the following skills using a combination of the various drills provided:

3. Glove & Stick Saves
4. Foot & Leg Saves
5. Dive & Slide Saves