Lincoln High School Field Hockey

**2017 Summer Conditioning Program**

**Purpose**: To get you ready for preseason and prepare you for competition in the Fall

**Duration**: 8/9 weeks?- **start date: Monday, June 19**. End date- Preseason (maybe Aug 22nd?)

These workouts are optional, but strongly recommended, since you will be expected to be in shape at the start of preseason and fitness levels will be tested. *You will run a timed mile on the first day of tryouts!* **Please keep a log or journal of your workouts to track your progress. Also, you will also keep a WEEKLY log at the end of each week on our Google Classroom. See our LHS FH Google Classroom for more info about this.**

We need to take the time during preseason to concentrate on *increasing* fitness, teaching individual skills and team strategy. Being fit prior to August 22nd will prepare your body for successful season. Read through this guide and e-mail Coach Pavao or Coach Miguel with questions: pavaoa@lincolnps.org or miguell@lincolnps.org

**Reminders:**

1) Keep a **LOG** of your fitness activities.

2) Schedule your workout during the cooler parts of the day.

3) DRINK LOTS OF WATER and eat protein within a half hour of working out to help your muscles rejuvenate faster.

4) Work out with a buddy or under parental supervision for safety and motivation

***Every workout should include*:**

1) A light warm up: 5 minutes of jogging,walking or jump roping & dynamic stretching

2) Cool Down: light jog or walk followed by static stretching for at least 5 minutes.

**Daily Workouts**

***FIRST****, pick your two REST days.* ***They SHOULD NOT be back to back****. For example, you might choose Wednesdays and Saturdays as your REST days. One of the rest days needs to be a moving rest day involving some light cardio (jogging/walking, biking, swimming) or yoga. Then, number the other days in the week, starting with MONDAY since the workout schedule begins Monday, 6/19. For example, if you choose Wednesdays and Saturdays as your rest days then Day 1=Monday, Day 2=Tuesday, Day 3=THURSDAY, Day 4=Friday, Day 5= SUNDAY.*

 ***FINAL NOTES:***

***Remember: Each week, you must increase the intensity of your workouts (ex/ Agilities need to be done for 25 minutes Week 3, as opposed to 10 minutes during Week 1) so please make sure you read these directions carefully each day.***

***SUB DAYS:***

If you are playing in leagues for any sport, are on other sports teams or have a personal trainer, etc., you may substitute that for your workout for the day. *BUT, you will still need to do STICK AND BALL agilities unless the sport you are playing is field hockey.* \*If you aren’t breaking a sweat from effort, it doesn’t count.

**\*In your log, write “SUB DAY” and explain what activity or sport you were participating in.**

**Day 1 of Each Week**:

**50 Yard Sprints-** Weeks 1-3 do 8 sprints. Weeks 4-6 do 10 sprints. Weeks 7-8 do 12 sprints. Start on the end line. Make it to the 50 yard line within 10 seconds. Jog back to the starting line within 20 seconds. If you get back before the 20 seconds is up wait. This is a continuous cycle, once the 20 seconds is up start the 10 second sprint to the 50 yard line and repeat this for however many times that week requires.

**Stick skills**- *Choose 2 drills from the list below.* Complete 2 sets of each drill and be sure to do each drill for a total of 5-10 minutes. Rotate the drills you choose every week. For all of these drills, you MUST be in GOOD FIELD HOCKEY POSITION. **\*\*GOALIES: Please see page 5 for exercises to do instead of stick work.**

* **Weave**: one way weave in and out of cones (or anything you can use as markers) only using the strong side of your stick! NO WEAK SIDE!! GET YOUR FEET AROUND! On your way back weave in and out of cones again, but this time you must use a dodge at each cone. At each cone you should be using a different dodge! Complete this drill for 5-10 minutes. MAKE SURE TO LOOK UP THE WHOLE TIME!!!
* **Dribbling**: set up 4 cones in a square with a least 10 yards in between each cone. Start at the left cone closest to you. Speed dribble (close dribble) up to the first cone. Be sure to keep the ball on your stick and under control at all times! Then Indian dribble (small pulls) to the next cone. Tap dribble to the last cone. Then again Indian dribble to the starting cone. Continue this cycle for 5-10 minutes. MAKE SURE TO LOOK UP THE WHOLE TIME!!!
* **Passing: (this drill may not be possible but please try to find a buddy as often as possible to pass-** *if this drill is not an option for you do not choose it as one of your two!!!!*) Find a buddy or a wall for this drill. Goal is to work on accuracy and strength of your passes. With a buddy, make sure that you are giving accurate and strong passes that make it to your partner each time as a *leading pass* (where she is going, not where she is standing). This drill requires movement. Or find a wall that you can pass the ball to and make a target on the wall that you aim the ball at. We will also be passing at Captain's practices if neither of these options work for you. Remember with passing accuracy and strength is key!!! Practice passing for 5-10 minutes.
* **Pulling:** Start by doing as many pulls as you can in 1 minute, at least 1 yard a piece. Repeat this twice and try to beat your first number. When finished, set up 5 cones equally spaced out over 50 yards (1 cone every 10 yards). Do a different pull (pull left, pull right, pull back, spin, lift) at each cone. This should be done in a sprint making the situation as game-like as possible. Take a 10 second break after reaching the end of each length. Do the 50 yard length 4 times with the 10 second rest in between. Complete 2 sets of 4, 50 yard lengths. MAKE SURE TO LOOK UP THE WHOLE TIME!!!
* **Sweeping and Jabbing**: Start with the ball on your stick and do four tap dribbles to gain speed, then pull left into a sweep (you pull left then sweep). Run up to the ball and pause, keeping your feet moving with so hot/fast feet in front of the ball for 10 seconds and then jab under the ball. After you jab, run on the other side of the ball and start with the tap dribble again. Continue this cycle for 5-10 minutes.

**Day 2 of Each Week**:

**25 minute paced run-** go out for 13 minutes and come back/go the same distance in 12 minutes**.** This should be at a decent pace and is not a jog. Each week, you should be able to run farther in less time. Record distance of each run in journal. Stretch, rest then do following arms and abs workout.

**Arms & Abs-** ***Weeks 1-2****:* 15 normal pushups. 8 diamond pushups. 30 sit ups. 3x 30 second planks.

***Weeks 3-4:*** 18 normal pushups. 10 diamond pushups. 40 sit ups. 2x1 minute planks.

***Weeks 5-6***: 20 normal pushups, 12 diamond pushups. 50 sit ups. 3x1 minute planks.

***Weeks 7-8:*** 25 normal pushups, 15 diamond pushups. 60 sit ups. 4x1 minute planks.

\**You may rest between each set of pushups, sit ups and planks but try to do the complete amount of pushups and situps without any rest. Also, rest 1 minute between each plank.*

**Day 3 of Each Week**:

**4 corners on a field-** Start at one corner of the field. Sprint the first 100 yards to the first corner of the field and then jog to the next three corners all the way around the field back to the starting corner. Next sprint the first 100 yards to the first corner and the next 50 yards to the second corner and jog back around the field to the starting corner. Next, sprint the first 100 yards to the first corner, 50 yards to the second corner and 100 yards to the third corner and then jog back to the starting corner. Finally sprint to all four corners of the field as fast as you can. DO NOT CUT CORNERS! STAY ON THE LINES OF THE FIELD. Rest and then do the following leg workout.

**Legs & Flexibility-** The following exercises are designed for female athletes to strengthen hamstrings and glutes to avoid potential knee problems. **Visit mrspavao.weebly.com for videos to demonstrate these exercises. Go to the “LHSFH Summer 2017” page!**

* **Fire Hydrant**: Complete 15 per leg, twice each leg. Up the number of reps by 5 each week.
* **Side-lying Leg Lift:** Complete 15 per leg, twice each leg. Up the number of reps by 5 each week.
* **Side Plank:** Hold a side plank, resting your weight on your forearm and elbow for 30 seconds, twice per side. Increase duration by 10 seconds each week.
* **Single Leg Deadlift:** Start with no weights and do 10 each leg per side. Weeks 2-8, add a weight and increase the number of reps by 5 each week.
* **Prone Straight Leg Raise:** Start by doing 5 reps per side, holding at 5 second each. Increase reps by 3 each week and continue to hold for 5 seconds per side.

**Stick skills**- *Choose 2 drills from the list below.* Complete 2 sets of each drill and be sure to do each drill for a total of 5-10 minutes. Rotate the drills you choose every week. For all of these drills, you MUST be in GOOD FIELD HOCKEY POSITION. **\*\*GOALIES: Please see page 5 for exercises to do instead of stick work.**

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**Day 4 of Each Week**:

**Choice of Sprints-** (do workout 1 or 2)

Sprint Workout 1

* 15 second sprint, 15 second jog
* 30 second sprint, 30 second jog
* 45 second sprint, 45 second jog
* 60 second sprint, 60 second jog

*\*Rest. Complete workout one time weeks 1-2. Repeat once weeks 3-5 Repeat twice weeks 6-8.*

 Sprint Workout 2

* 10 x 10 yard sprint
* 6 x 20 yard sprint
* 5 x 30 yard sprint
* 4 x 40 yard sprint

*\*Weeks 1-2 complete as written above. Weeks 3-5 add an extra sprint to each set. Weeks 6-8 add 2 extra sprints to each set (a set is “10x10 yard sprint”). Take ten seconds rest between each sprint. Take a minute rest between each set.*

**Arms & Abs-**

***Weeks 1-2****:* 15 normal pushups. 8 diamond pushups. 30 sit ups. 3x 30 second planks.

***Weeks 3-4:*** 18 normal pushups. 10 diamond pushups. 40 sit ups. 2x1 minute planks.

***Weeks 5-6***: 20 normal pushups, 12 diamond pushups. 50 sit ups. 3x1 minute planks.

***Weeks 7-8:*** 25 normal pushups, 15 diamond pushups. 60 sit ups. 4x1 minute planks.

**Day 5 of Each Week**:

**Timed Mile or Distance Run-**

*Week 1:* Timed mile. *Week 2:* Run two miles.

*Week 3:* Run three miles. *Week 4:* Timed mile.

*Week 5:* Run four miles. *Week 6:* Run 3 miles.

*Week 7:* Run 2 miles. *Week 8:* Timed mile.

**Stick Skills-** *Choose 2 drills from the list from Day 1* (*different drills from the ones you chose Day 1 of the same week)*. Complete 2 sets of each drill, be sure to do each drill for a total of 5-10 minutes. Rotate the drills you choose every week. For all of these drills you MUST be in GOOD FIELD HOCKEY POSITION. **\*\*GOALIES: Please see page 5 for exercises to do instead of stick work.**

**Goalkeeper Workouts**

**You can do the endurance, agility and speed workouts. Substitute these for “Stick Skill” parts of the workout, while \*wearing your goalie kickers and/or pads for even more of a workout\*.**

**• Grapevine** (both directions):Repeat x4

**• Ladder Work** (use an agility ladder-or use cones, socks or whatever to make a grid): Run across ladder, putting 1 foot in each square (2x), 2 feet in each square (4x), skip 1 square (2x), skip 2 (1x).

**• Fast Feet Square:** Mark out a square with sides of 10 yards each. Face the same direction the entire time and use the shuffle and fast feet to move to each cone. Repeat x4

**• Fast Feet Triangle:** Same as the previous exercise. The triangle should also have 10-yard sides. Repeat x4

**• Shuffle Triangle:** Similar to previous exercise, except sprint to the top of the triangle, then shuffle back to the cone on the left side. Then, sprint to the top of the triangle again, and shuffle to the back right side of the triangle. Repeat 4x.



**Sample Workout Log Entry**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_Mon 6/27\_\_\_ Week: \_\_1\_\_\_ Day: \_\_1\_\_\_

Sprint Workout Notes: Ex/ Today, I did 8 50 yard sprints. I felt exhausted after the first two, but then I hit a good groove...

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Stick Skills Notes: Ex/ Today, I chose to do…

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**Sample Workout Log Entry**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_Tues 6/28\_\_\_ Week: \_\_1\_\_\_ Day: \_\_2\_\_\_

Run Notes: Ex/ Today, I ran the 25 minute paced run… I was able to run \_\_\_\_\_ distance...

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Arms & Abs Notes: Ex/ Today, I did…

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_