

2020 Summer Workout Program  
Canterbury Field Hockey

[Workout format](#)

[Day Plans](#)

[Plyometric Workouts](#)

[Agility Workouts](#)

[Core Workouts](#)

[Weights \(descriptions\)](#)

[Stick Skills](#)

Please follow the below suggested workout plan. The plans are designed to be five days out of your week with days 3 and 7 being rest days.

\*\*The goal for all agility/sprints is to decrease the time it takes to perform.

\*\*The goal for all core and weight exercises is to increase your reps and your weights.

\*\*Hydration is crucial.

\*\*\* If you are near the end of the day and have not made a workout happen then do 100 squat jumps in under five minutes, add fifty cross crunches, and 20 pushups.

-----

**Workout format**

1. **Warm up:** 3 minute jog, 20 squats, 10 pushups, 30 mountain climbers
2. **Stretch:** Dynamic stretching.
3. **Plyometrics (ACL injury prevention protocol):** Choose from one of the two plyometric workouts (A or B).
4. **Workout:** See below for day-by-day workout options. (Sprints are full speed with a rest period of 20 seconds between sets for days 1, 3, 4)
5. **Cool down:** Two minute light jog, Stretches: hamstring, quad, butterfly, lunge, toe touch, tricep stretch, back stretch, pigeon, hip flexor, cobra, child's pose

-----

**Day Plans**

**Day 1 –**

Sprints: 4 x 50 yds, 4 x 100 yd, 5 x 75 yds, 4 x10yds

Weights: Bicep curl: 3 x 15

Bicep/deltoid squeeze: 3 x 15

Tricep kickback inwards: 3x 20

Tricep Dips: 3 x 20

Core: Workout A

**Day 2 –**

Run: jog 12 min, sprint 1 min, jog 8 min, sprint 1 min, jog 4 min, sprint 30 sec, jog 2 min, sprint 30 sec

Weights: Side raises 3 x 15

Reverse fly 3 x 15

Horizontal rows 3 x 25

Tricep dips 3x 12

Core: Workout B

**Day 3 –**

Sprints: 5x20 yds, 15x5yds, 10x10yds, 5 x 15yd

Agility: Agility Workout A (See Below)

Core: Workout C

**Day 4 –**

Sprints: 5 x 25yds, 5 x 30 yds, 8x15 yds, 8x 10yd

Agility: Agility Workout B (See Below)

Core: Workout A

**Day 5 -**

Run: Timed mile, log time OR run 35 minutes and log distance

Weights: Bicep curl: 3 x 15

Bicep/deltoid squeeze: 3 x 15

Tricep kickback inwards: 3x 20

Plank 3 x 20 seconds

Core: Workout B

**Plyometric Workouts**

*Plyometric Workout A:*

- 1) Power skips (2 x 25 yards) swing the arms, drive the knees high, get high, power
- 2) Double Leg Hops (2 x 10 yards) drive from legs, tuck knees in and bring heels to touch your bottom; focus on number not distance
- 3) Individual Broad Jumps (2 x 6 jumps) swing arms, drive from knees in squatting position, use full body to leap forward as far as possible; gain balance and repeat
- 4) Side Jumps (2 x 10 jumps) jump laterally (side to side) exploding from a low position/squat to a low position/squat; challenge yourself to be consistent with distance and at least 1 ½ to 2 yards apart with jumps
- 5) Grapevine (2 x 25 yards) Cross over and back, swivel hips, stay low
- 6) Backpedal (2 x 25 yards) Quick steps, stay low, keep your shoulder forwards and down
- 7) Backpedal reach (2 x 25 yards) Quick steps, stay low, shoulders forward and down, reach out with back foot for Distance

*Plyometric Workout B:*

- 1) Power skips for distance (2 x 25 yards) swing the arms, drive the knees, drive forward with bottom foot for distance and power
- 2) Alpine hops (2 x 12) Place stick on ground, hop over side to side as if skiing bumps/moguls

- 3) Consecutive broad jumps (2 x 4) swing arms, drive from knees in squatting position, use full body to leap forward and immediately move into next jump from landing position
  - 4) Lateral Hurdle Hops (2 x 12) Place stick on ground, hop over side to side bringing knees to chest during each jump; work to decrease ground time while maintaining balance
  - 5) High Knees Drive knees high, pump the arms, and maintain upright posture
  - 6) Backpedal (2 x 25 yards) Quick steps, stay low, keep your shoulder forwards and down
  - 7) Backpedal reach (2 x 25 yards) Quick steps, stay low, shoulders forward and down, reach out with back foot for distance
- 

### **Agility Workouts**

#### *Agility Workout A:*

**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

#### *Agility Workout B:*

**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.
- 

### **Core Workouts**

#### *Core Workout A:*

3x 15 Crunches  
3x 20 Bicycle Crunches  
3x 10 Penguin reaches  
3x10 Leg Lifts

*Core Workout B:*

3x 15 burpees  
3x 20 sec (each side) side plank  
3x 20 Russian Twists

*Core Workout C:*

3 x 45sec regular plank  
3x 20 crunches  
3x 15 leg lift  
3x 10 bicycle crunches

---

**Weights (descriptions)**

WITH WEIGHTS- \*\* Want to start with 8s. If your last rep is easy add reps, and the following session increase your weights.

Bicep curl: \*\*shoulders down, elbows and arms tight against sides, curl arms up with palms facing up. Do not fully extend your arms.

Bicep/deltoid squeeze:\*\*shoulders down, elbows in line with shoulders, and arms at a 90degree angle. Bring opposite elbows together in front of face. Slow down the squeeze for greater burn and keep those shoulders down.

Extended out bicep curl: \*\*Put arms out in front of body keeping in line with shoulders while keeping shoulders down and avoiding a hunch. Bend elbows and bring hands (palms down) towards shoulders. Keep those elbows up. Then extend back out. Avoid a full elbow extension to protect from injury.

Horizontal rows: \*\*Find a surface about knee height. Put left knee and left hand on surface. Right leg should be on ground and right arm hanging with weight. Extend spine through tailbone. Bring belly button into spine. Flatten back. Keep shoulders in line with back, don't let them cave forward. Pull weight up and bring elbow along the side of your body into a 90degree and then continue as it lifts pass your back. Then extend back down. Switch to opposite side.

Reverse fly: \*\* Feet hip length apart. Slightly bend knees into a semi-squat. Keep butt weighted in back. Hinge your hips slightly forward about 30deg. Bring arms together chest height so knuckles are almost touching in front of you like you are hugging a tree. There should be a continuous bend in your arm as you open your arms. Elbow can go behind body but do not open beyond your hand and shoulder being at the same distance. Keep those elbows up, don't let them dip low.

Side raises: \*\* shoulders down and hands resting at side. Raise your arms up to extend from side until inline with shoulders. keep shoulders down. The slower the more burn there will be.

Tricep kickback inwards:\*\* Feet hip length apart. Slightly bend knees into a semi-squat. Keep butt weighted in back. Hinge your hips slightly forward about 30deg. Bring arms to 90 deg with bicep tight at side and hands in front of body. Extend arms so they are slightly behind butt. Rotate inwards so palm faces in front of body.

Tricep dips: Need a chair or branch or block surface. Facing away from surface place your hands on surface, palms down and finger tips facing your body. Walk feet out to 90 deg. Dip your hips and butt down by bending into your arms. Feel the burn in the tricep!. Don't hike up those shoulders!

---

### **Stick Skills**

SET 1- for 50 yds each

- 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)

SET 2-

- 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)

SET 3- for 50yds each

- Speed Dribble with dodges (right, left, spin, popover) use cones/water bottles etc.
- 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)