

# Hebron Academy Field Hockey Summer Training Program



**Over all goal:** Stay active and improve stick skills

**Weekly goal:** Do something physically active three times a week minimum and work on stick skills once a week

*Let's collaborate on what we could do, using this main document to share ideas.  
Please add exercises, activities, workouts, and drills to the collaborative list below*

## Physical Fitness Options:

Cardio-outside (work on improving your time or distance)	At home In-side	At- home Out-side (back yard)	Adventure	Leisure
Trail Run	Body Weight Workouts	Pool swim	Canoe	Golf
Road Run	Stationary Bike	Intervals	Kayak	Walk - long (1hr +)
Open water swim	Core Exercises		Paddle Board	Bike
Cycling	Treadmill		Stand-up Board	
			Surf	
			Hike	
			Mountain Bike	

# Warm up

Dynamic Warm- Up It is extremely important to warm up properly before conditioning and lifting. Please take your time and make sure every muscle has been stretched and warmed up. Use these warm-ups as a guide but feel free to do more.

Dynamic Outside Warm:

- 3-5 minute jog
- Do the following exercises over 15 yards:
  - Walking Quad Stretch – alternating legs, grab your ankle and pull towards your butt
  - Walking Hamstring Stretch – touch toes with opposite hand, letting your back leg kick up behind you
  - Side Lunges
  - Forward Lunges
  - Frankenstein's – kick up foot to hand while keeping other knee straight
  - Golfer Pick Up
  - Walking Knee Hugs – alternating legs, pull your knee to your chest as you walk
  - High Knees – keep your back straight, try to get as many in as you can before you hit the line
  - Butt Kicks – bring your calf muscle to your butt, again try to get a many as possible before you hit the line
  - High Knee Skip
  - Low Skip

# Cardio

**Stationary Bike Circuit SPEED 25 minutes:**

- 3 minute warm up - seated
- 30 second sprint - 30 second easy but still moving X 6 = 6 min
- 3 minutes moderate pace - seated
- 30 second sprint - 30 second easy but still moving X 6 = 6 min
- 3 minutes moderate pace - seated
- 30 second sprint - 30 second easy but still moving X 6 = 6 min
- 3 minutes moderate pace - seated
- 3 minute cool down - easy pace

### **Stationary Bike Circuit Intervals 30 minutes:**

- 5 minute warm up - seated
- 8: 20 second pushes - standing → 10 second recovery - seated
- 1 minute recovery - seated
- 4: 40 second pushes- seated → 20 second recovery - seated
- 1 minute recovery
- 8: 20 second pushes - standing → 10 second recovery - seated
- 1 minute recovery - seated
- 4: 40 second pushes- seated → 20 second recovery - seated
- 1 minute recovery
- 60 second push - max effort - seated or standing
- 5 minute cool down

### **Stationary Bike Circuit Endurance 45 minutes**

- 5 min warm-up - seated
- 60 second push - seated (60% effort) - increase speed (80-100 RPM) and resistance
- 30 second recovery - still moving - reduce speed and resistance
- 90 second push - seated - same speed as last push (90 RPM) - more resistance
- 30 second recovery - still moving - reduce speed and resistance
- 120 second push - seated - slightly less speed as last push (80+ RPM) - bit more resistance
- 5 minute recovery
- 60 second push - seated (60% effort) - increase speed (80-100 RPM) and resistance
- 30 second recovery - still moving - reduce speed and resistance
- 90 second push - seated - same speed as last push (90 RPM) - more resistance
- 30 second recovery - still moving - reduce speed and resistance
- 120 second push - seated - slightly less speed as last push (80+ RPM) - bit more resistance
- 5 minute recovery
- 60 second push - seated (60% effort) - increase speed (80-100 RPM) and resistance
- 30 second recovery - still moving - reduce speed and resistance
- 90 second push - seated - same speed as last push (90 RPM) - more resistance
- 30 second recovery - still moving - reduce speed and resistance
- 120 second push - seated - slightly less speed as last push (80+ RPM) - bit more resistance
- 5 minute recovery
- 5 minute cool down

### **Stationary Bike Spin Muscular Endurance 45 minutes**

- 8 minute warm up
- 2 minute speed build: increase by 5 RPM every 20 seconds
  - 00-20 090 RPM
  - 20-40 095 RPM
  - 40-60 100 RPM
  - 60-80 105 RPM
  - 80-100 110 RPM
  - 110 -120 115 RPM
- 6 minute resistance increases at 90 RPM increases resistance every 30 seconds
- 3 minute recovery
- 2 minute speed build: increase by 5 RPM every 20 seconds
  - 00-20 090 RPM
  - 20-40 095 RPM
  - 40-60 100 RPM
  - 60-80 105 RPM
  - 80-100 110 RPM
  - 110 -120 115 RPM
- 6 minute resistance increases at 90 RPM increases resistance every 30 seconds
- 3 minute recovery
- 2 minute speed build: increase by 5 RPM every 20 seconds
  - 00-20 090 RPM
  - 20-40 095 RPM
  - 40-60 100 RPM
  - 60-80 105 RPM
  - 80-100 110 RPM
  - 110 -120 115 RPM
- 6 minute resistance increases at 90 RPM increases resistance every 30 seconds
- 3 minute recovery
- 5 minute cool down

## **Road Run: Neighborhood Distance Intervals 35 minutes**

### **Two-Two Pole Interval**

- 5 minute jog Warm up
  - Intervals 5 minutes:
    - Jog distance between 2 telephone pole
    - Sprint/Run (increase speed) distance between 2 telephone poles
  - Jog 5 minutes
  - Intervals 5 minutes:
    - Jog distance between 2 telephone pole
    - Sprint/Run (increase speed) distance between 2 telephone poles
  - Jog 5 minutes
  - Intervals 5 minutes:
    - Jog distance between 2 telephone pole
    - Sprint/Run (increase speed) distance between 2 telephone poles
- Jog for 5 minutes - Cool down

### **Two-One pole interval**

- 5 minute jog Warm up
  - Intervals 5 minutes
    - Jog distance between 1 telephone pole
    - Sprint/Run (increase speed) distance between 2 telephone poles
  - Jog 5 minutes
  - Intervals 5 minutes
    - Jog distance between 1 telephone pole
    - Sprint/Run (increase speed) distance between 2 telephone poles
  - Jog 5 minutes
  - Intervals 5 minutes
    - Jog distance between 1 telephone pole
    - Sprint/Run (increase speed) distance between 2 telephone poles
- Jog for 5 minutes - Cool Down

### **Three-One pole interval**

- 5 minute jog Warm up
  - Interval 5 minutes
    - Jog distance between 1 telephone pole
    - Sprint/Run (increase speed) distance between 3 telephone poles
  - Jog 5 minutes
  - Interval 5 minutes
    - Jog distance between 1 telephone pole
    - Sprint/Run (increase speed) distance between 3 telephone poles
  - Jog 5 minutes
  - Interval 5 minutes
    - Jog distance between 1 telephone pole
    - Sprint/Run (increase speed) distance between 3 telephone poles
- Jog for 5 minutes - Cool Down

*The following are gradual increases over weeks - start with 1. Then the next week progressed to 2. Then 3. -Thanks Coach Paulson*

### **30/30's**

1. 12 x 30 sec run, 30 sec jog recovery. Finish with a 10 min. steady cooldown run.
2. 12 x 30 sec run, 45 sec jog recovery. Finish with a 10 min. steady cooldown run.

### **One Min. Runs**

1. 6 x 1 min. run with 2 min. recovery between runs.
2. 8 x 1 min. run with 2 min. recovery between runs.

### **Two Min. Runs**

1. 3 x 2 min. run with 2 min. recovery between runs.
2. 5 x 2 min. run with 2 min. recovery between runs.

### **Ninety Second Runs**

1. 6 x 90 sec run with 3 min. recovery between runs.
2. 8 x 90 sec run with 3 min. recovery between runs.

### **Ten Second Bursts:**

*Burst hard with max effort for ten sec then slow down and coast for thirty sec. Continue*

1. 2 sets of 5 min. - 3 min. walk between sets. Finish with a 10 min. steady cooldown run.
2. 2 sets of 6 min. - 3 min. walk between sets. Finish with a 10 min. steady cooldown run.
3. 2 sets of 7 min. - 3 min. walk between sets. Finish with a 10 min. steady cooldown run.

### **Fartlek:**

*To simulate the demands of the game with quick starts and stops done continuously. Run with a hard effort. Jog for recovery. Alternate in this manner for the total time.*

1. 20 min. total time with 15 hard efforts dispersed throughout.
2. 25 min. total time with 18 hard efforts dispersed throughout.
3. 30 min. total time with 20 hard efforts dispersed throughout.

### **Anaerobic Power Runs:**

1. 3 x 45 sec run all out with 10 - 12 min. recovery between runs.
2. 4 x 30 sec run all out, 5 min recovery. Finish with a 10 min. steady cooldown run. 2 MIN.

### **Steady Run:**

- |               |               |               |
|---------------|---------------|---------------|
| 1. 20 minutes | 4. 30 minutes | 7. 40 minutes |
| 2. 25 minutes | 5. 35 minutes | 8. 40 minutes |
| 3. 30 minutes | 6. 35 minutes |               |

# Body Weight Workouts Progression

## Workout 1:

### **WARM-UP: Complete 3 rounds of each movement**

A1) Burpee X 20 SECONDS <https://www.youtube.com/watch?v=c1M1wjeZOYY>

**REST 30 SECONDS**

A2) Glute Bridge X 20 SECONDS <https://www.youtube.com/watch?v=wMEoGwkk650>

**REST 30 SECONDS**

A3) Waiters Bow X 20 SECONDS [https://www.youtube.com/watch?v=mVllo-g\\_KE](https://www.youtube.com/watch?v=mVllo-g_KE)

**REST 30 SECONDS**

A4) Arms Overhead Squat X 20 SECONDS <https://www.youtube.com/watch?v=FzL9CBZ2RpE>

**REST 60 SECONDS AND REPEAT 2 MORE TIMES**

### **POWER: FOLLOW THE SETS (ROUNDS) AND REPS IN THE TABLE**

A1) Broad Jump <https://www.youtube.com/watch?v=vPQv1gmrUo>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	6		5 & 6	3	8
3 & 4	3	6		7 & 8	4	8

### **STRENGTH: FOLLOW THE SETS (ROUNDS) AND REPS IN THE TABLE**

B1) Cossack Isometric <https://www.youtube.com/watch?v=36SRm4k693Y>

B2) Push-Up <https://www.youtube.com/watch?v=llpHnPckI7Q>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	8		5 & 6	3	10
3 & 4	3	8		7 & 8	4	10

### **CORE & STABILITY (Single Leg Stability)**

C1) Single Leg Cone Touch [https://www.youtube.com/watch?v=lq9c\\_NnO48g](https://www.youtube.com/watch?v=lq9c_NnO48g)

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	8		5 & 6	3	10
3 & 4	3	8		7 & 8	4	10

C2) Side Star Plank <https://www.youtube.com/watch?v=5oB44pBFIVE>

WEEK	SETS	TIME		WEEK	SETS	TIME
1 & 2	2	20 SEC/SIDE		5 & 6	3	30 SEC/SIDE
3 & 4	3	20 SEC/SIDE		7 & 8	4	30 SEC/SIDE

## Workout 2:

### **WARM-UP: Complete 3 rounds of each movement**

**A1)** Burpee X 20 SECONDS <https://www.youtube.com/watch?v=c1M1wjeZOYY>

**REST 30 SECONDS**

**A2)** Glute Bridge X 20 SECONDS <https://www.youtube.com/watch?v=wMEoGwkk650>

**REST 30 SECONDS**

**A3)** Waiters Bow X 20 SECONDS [https://www.youtube.com/watch?v=mVllo--g\\_KE](https://www.youtube.com/watch?v=mVllo--g_KE)

**REST 30 SECONDS**

**A4)** Arms Overhead Squat X 20 SECONDS <https://www.youtube.com/watch?v=FzL9CBZ2RpE>

**REST 60 SECONDS AND REPEAT 2 MORE TIMES**

### **POWER**

**A1)** Jump Lunges <https://www.youtube.com/watch?v=3Cm18eV-KXo>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	6		5 & 6	3	8
3 & 4	3	6		7 & 8	4	8

### **STRENGTH**

**B1)** Curtsy Squat <https://www.youtube.com/watch?v=qWnOdvQaEU>

**B2)** Plank Shoulder Taps <https://www.youtube.com/watch?v=C6At19Q9i2Q>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	8/SIDE		5 & 6	3	10/SIDE
3 & 4	3	8/SIDE		7 & 8	4	10/SIDE

### **CORE & STABILITY**

**C1)** Mountain Climbers <https://www.youtube.com/watch?v=bw4lYQ3P-xI>

WEEK	SETS	TIME		WEEK	SETS	TIME
1 & 2	2	60 SEC		5 & 6	3	90 SEC
3 & 4	3	60 SEC		7 & 8	4	90 SEC

**C2)** Alternating Single Leg V Up <https://www.youtube.com/watch?v=0EIDVDbzVNo>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	8/SIDE		5 & 6	3	10/SIDE
3 & 4	3	8/SIDE		7 & 8	4	10/SIDE



## Workout 3:

### **WARM-UP: Complete 3 rounds of each movement**

**A1)** Burpee X 20 SECONDS <https://www.youtube.com/watch?v=c1M1wjeZOYY>

**REST 30 SECONDS**

**A2)** Glute Bridge X 20 SECONDS <https://www.youtube.com/watch?v=wMEoGwkk650>

**REST 30 SECONDS**

**A3)** Waiters Bow X 20 SECONDS [https://www.youtube.com/watch?v=mVllo--g\\_KE](https://www.youtube.com/watch?v=mVllo--g_KE)

**REST 30 SECONDS**

**A4)** Arms Overhead Squat X 20 SECONDS <https://www.youtube.com/watch?v=FzL9CBZ2RpE>

**REST 60 SECONDS AND REPEAT 2 MORE TIMES**

### **POWER**

**A1)** Kneeling Jump <https://www.youtube.com/watch?v=BzxzbVsaFI>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	6		5 & 6	3	8
3 & 4	3	6		7 & 8	4	8

### **STRENGTH**

**B1)** Wall Sit <https://www.youtube.com/watch?v=j-8S3namHFE>

WEEK	SETS	TIME		WEEK	SETS	TIME
1 & 2	2	60 SEC		5 & 6	3	90 SEC
3 & 4	3	60 SEC		7 & 8	4	90 SEC

**B2)** Pistol <https://www.youtube.com/watch?v=SQPHJFHkNSg>

WEEK	SETS	REPS		WEEK	SETS	REPS
1 & 2	2	6/SIDE		5 & 6	3	8/SIDE
3 & 4	3	6/SIDE		7 & 8	4	8/SIDE

### **CORE & STABILITY (Single Leg Stability)**

**C1)** Hollow Hold <https://www.youtube.com/watch?v=4xRpGgtca8>

**C2)** Wall Facing Handstand Hold <https://www.youtube.com/watch?v=yHuLx1J9orw>

WEEK	SETS	TIME		WEEK	SETS	TIME
1 & 2	2	20 SEC		5 & 6	3	30 SEC
3 & 4	3	20 SEC		7 & 8	4	30 SEC

## Other Body Weight Workouts:

Football based but still good strength and core training for all.

## Skills and Drills:

### Lone Star Dill Pack

Pick 5: Do each skill for 5 minutes - in the last minute besure you are keeping your head up and looking forward - DON'T STARE at the ball.

### Agility Drills:

Do each of the three drills for 5 - 8 minutes each - remember to look where you are going - Head Up

### Elimination Drill:

5 rounds with pulls  
5 round with small lifts  
5 rounds with pull and lift  
5 rounds players choice

### Ball Control 1:

1 minute one direction ½ speed X2  
1 minute the opposite direction ½ speed X2  
1 minute one direction 3/4 speed X2  
1 minute the opposite direction 3/4 speed X2  
1 minute one direction full speed X2  
1 minute the opposite direction full speed X2

### Ball Control 2:

Simple Cone Drags:  
Opposite Side Cone Drags:  
Movement of Feet:  
Receiving (need partner or wall to bounce ball off of)  
Forehand Switch (need partner or wall to bounce ball off of)  
Trapping the ball (need partner or wall to bounce ball off of)

### Dribbling and Stick Work PDF

Pick 3 drills and do each for 5 - 8 minutes.

### Cool Drills

If you have tires and plank of wood at home