

2022 NDFH Conditioning Program

Please use the following 6 week conditioning program as a guide to get ready for preseason. Preseason workouts are optional, however, **you will be expected to be in shape at the start of preseason and fitness levels will be tested.** We need to take the time during preseason to concentrate on increasing your fitness levels and preparing your individual stick skills. Being in shape, hydrated, eating smart foods and being rested will help to prevent injury and promote dedication and commitment to a successful 2022!

Every workout should also include:

1. A light warm up: 5 mins of jogging/walking and stretching
2. Cool Down: an easy jog or walk followed by stretching – 2 mins
3. Stick work and Ball Control – Please use proper techniques!
4. Schedule your workouts during the cooler parts of the day.

Mondays each week

30 mins of aerobic work. Run, bike swim or a combination of 2 of these for 30 mins. If you run, try to run on a soft surface. Pace should be 30 seconds slower than your 1 mile run pace.

Strength Training:

- 3 sets of 45 second planks. Rest 60 seconds between.
- 30 push ups (3 x 10)
- 50 bodyweight squats

Tuesdays each week - Strength Training

- 50 bodyweight squats
- 2 leg glute bridges: 3 x 10
- Side planks: 2 x 30 seconds each side
- Run 20 mins
- GK Workout # 1

Wednesdays each week

- Stick skills and FH play - followed by a 15 min run
- GK Workout # 2

Thursdays each week

After a good warm-up do the following:

- Run 1 min runs @ 75% effort w/75 seconds rest. Do 6 reps
- After 5 min rest run 25 mins

Fridays each week

Sprints: Do all of these @ 100% effort

- 3 x 10 yd sprints
- 1 x 20 yd sprints
- 2 x 30 yd sprints
- 1 x 40 yd sprints
- 2 x 50 yd sprints
- Finish w/2 x 300 meter shuttle run. Rest 2 mins between. Set cones 25 yds apart.
- GK Workout # 3

Saturday: Medium Day

- Run 20 mins at a pace 30 seconds slower than your 1 mile pace.
- Push-ups. Set a timer for 4 mins and do as many push-ups as possible. Rest whenever you need to stop. Stop @ 4 min mark.
- GK Workout # 4

Sunday: Rest Day

Skills

These are basic skills that each player should have coming into preseason. Each skill should be practiced at top speed. Put pressure on yourself to do each skill better and stronger than the last time.

Skill	Explanation	Notes
Dribbling	Speed Dribble 50 yards with the ball near your stick at all times	Head Up Stick angled in front of you Ball at "1 o'clock"
Dribbling	"M" Test with stick & ball. Start @ bottom of "M" - slalom through to top of "M" - Straight dribble through middle of "M" to other top of "M" - slalom through other side of "M" NO REVERSE STICK	Head Up Stick on ball Keep ball in front Quick feet to keep ball on forehand
Passing-Push-Pass	Collect a ball and push pass it through a set of cones 1 yd apart Balls will be 7 yds from the cones 10 balls - how many can you get through the cones? Try and beat your previous score	Stay low Shift weight from back to front Follow through - target Fluid motion
Passing-Hit	Collect a ball and hit it through a set of cones 1.5 yds apart Balls will be 7yds from cones 10 balls - how many can you get through the cones? Try and beat your previous score	Ball out in front of left foot Loose arms Break your wrists Shift your weight Stay low Follow through to target
Receiving	Starting outside a receiving box Cut into the box Receive a ball Take it cleanly outside the box	Approach with stick down Angle stick down so ball doesn't pop up Run through the ball Keep stick away from feet Keep feet moving

Shooting	<p>Balls at top of circle</p> <p>Collect a ball and shoot within 1 touch of collecting</p> <p>Tested for 1 min</p> <p>How many balls can you collect and shoot on cage in 1 min</p>	<p>Quick wrists</p> <p>Retrieve ball quickly</p> <p>Recognize where you are</p> <p>Shoot for corners</p> <p>Full body towards cage - don't lean back</p>
Agility	<p>"M" Test without a stick and ball</p>	<p>Low center of gravity</p> <p>Quick turns</p> <p>Breakdown steps quickly</p>
Speed	<p>300 yd shuttles x's 3</p> <p>Start at endline</p> <p>Run to 50</p> <p>Return to endline</p> <p>Run to 50</p> <p>Return to endline</p> <p>Run to 50</p> <p>Return to endline - DONE</p> <p>Foot needs to go beyond the line before you turn for it to count</p>	<p>Practice your turns</p> <p>No big loops</p>
Endurance	<p>Mini Gauntlet</p> <p>3 laps in 5:15 mins - 2 min rest</p> <p>2 laps in 3:15 mins - 2 min rest</p> <p>1 lap in 1:45 mins - 2 min rest</p> <p>½ lap in 45 seconds - - DONE</p>	<p>PRACTICE!</p>
Quickness	<p>Shuttle Run</p> <p>Cones start 7 yds apart</p> <p>Run to first cone, pick up ball</p> <p>Return to start - - drop ball</p> <p>Repeat with 2nd ball - - DONE</p>	<p>Stay low</p> <p>Quick Turns</p> <p>Don't throw the ball way before you near the cone</p>
Tracking	<p>Carry the ball on different angles</p> <p>Down the field</p> <p>Start at the 50 yd line</p>	<p>Head up</p> <p>Ball out in front of you</p>

Dribble on angles while using:

- “C” dodges, “s dodges” etc. “fakes” Hands higher on the stick
- Deception (look one way, go the other)
- Change of pace, acceleration then slow
- Use skills on the ground and in the air

Other

Set up your own skill drill or circuit! Be creative!!!

Don't cheat yourself

You're only helping yourself

out of becoming a better athlete.

Additional Test

1. 1 mile under 7:30 (warm up with a lap around the track and cool down with a lap around the track when practicing the test)
2. 10 x 200 yds (on the field) in 1:05 (sprint the first hundred in under 24 seconds, make it back before the GO at 1:05)... there is no rest between each 200. Make sure you warm up and cool down before practicing for the test.
3. 30 yd line and back 5 times (total of 300 yds) in under 1:25. Repeat the 300 yd sprints 5 times with 1:25 rest in between each set.

WRIST EXERCISES

Do all of these on your workout days. They WILL pay off!

Make a wrist exercise by taking a dowel rod, old hockey stick, old broomstick, or something similar. Tie a sturdy rope that is about 3-4 feet long to the middle of it. On the other end of the rope, tie a 5lb weight or something heavy to it. Holding the stick out in front of you with both hands, roll the rope around the stick with the weight all the way up and then slowly roll it all the way down (do not let it unroll). Do these 5 times and gradually work up to doing it 10 times or more by the end of the summer.

Hold your hockey stick straight out in front of you with one hand holding the end. Point the stick straight up (so that the toe of the stick faces the sky), then to the left, then right and then back to the straight up position. Repeat the sequence until you can no longer do it anymore. Go slowly. Switch hands and repeat the same sequence.

Hold your hockey stick out to the side (parallel to the ground) with only one hand at the top of the stick. Hold this position for

30 seconds, rest, and repeat 2 more times. Switch hands. Gradually increase your holding time during the summer.

Squeeze a tennis ball 50 times, rest, and then repeat two more times. Your goal is to increase your number of repetitions each week.