



Hello Field Hockey!

We are excited that you will be joining us for what will be another exciting fall season! On the following pages you will find a training program that would be beneficial for you to utilize prior to preseason.

Take your training seriously this summer. We need you fit and healthy for our entire season. In order for you to maintain our high level of play you need to be prepared mentally and physically. The most important key to success is self-confidence. An important key to self-confidence is preparation. Do the hard work this summer so that you can come into preseason with confidence!

If you would like to come to GFS this summer to work out and train please bring a buddy!

Field Hockey

Guidelines for Summer Training:

Be sure to complete a warm-up and cool down after each workout session.

Complete two conditioning workouts per week as well as one endurance run (about 30 mins). Complete three days of stick work training per week.

Conditioning

25-Yard Repeat: Sprint 25 yards in 5 seconds or less; 10 second recovery jog back. Repeat.

50-Yard Repeat: Sprint 50 yards in 10 seconds or less; 20 second recovery jog back. Repeat

100-Yard Repeat: Sprint 100 yards in 20 seconds or less. 40 second recovery jog back. Repeat. Summer goal: 10. Preseason goal: 12. End of the season goal: 20. **If you don't make the run down in the 20 seconds, you still have to run to complete the 100 yds After you touch the line, you turn to start the recovery jog back. When the recovery time (40 seconds) expires, you turn wherever you are on the field to start your new run. The goal is to catch back up to make the allotted time.

300-Yard Shuttle: Place two cones 50 yards apart. Sprint up and back to the 50-yard line 3 times without stopping to equal 300 yards. Do 3 sets with 3 minutes in between each set. Each set must be within 3 seconds of each other.

Standard Beep Test (App is needed): Click the link below to read full description. Target player levels: Level 9-10.

[Click Here to Read Beep Test Description](#)

Weekly Workouts

100 sit-ups, 100 push-ups every day.

*Divided/broken up however you choose, whenever you choose. Must do 100 each day. If you need to do push-ups on your knees, do so. Players should only go to their knees after they have attempted and failed a regular push-up

Test Expectations: 20 consecutive pushups (not on knees). 50 consecutive sit-ups

Monday: 10-100's; 10-50's. 100 sit-ups, 100 push-ups.

Tuesday: 3-300's; 5-50's, 3-25's. 100 pushups; 100 sit-ups

Wednesday: Beep test; 2-300's, 5-100's. 100 pushups; 100 sit-ups

Thursday: 1-300, 5-100's, 5-50's, 5-25's. 100 pushups; 100 sit-ups

Friday: 5-100's rest 3 mins. 5-100's. rest 3 min. 5-100's. 100 pushups; 100 sit-ups

Saturday/Sunday: jog (2-3 miles only), stretching, massage, or yoga, etc. These are your recovery days.

Stick Work Training:

Spend at least 20 minutes 3 times per week on your stick work skills.

- Set up 3 cones 1 yard apart (horizontal). Pull left to right, right to left, at each cone. 30 seconds. Repeat vertically (top to bottom).
- Air dribble Pick up and put the ball down. Ball doesn't have to be moving, can be still on your stick. Go from a standing position to sitting and then back up. Try not to drop the ball.
- 3-D: lift the ball over cones, cans. Double tap in the air.
- Minefield: scatter cones around, execute stickwork through cones trying not to touch them.
- Double short to long: Set up cones to do double short pulls (1 yd) to long pulls (2+ yards).
- Speed dribbling: running with the ball on angles at speed, checking the ball and turning to change direction. Execute with distances: 5, 10, 15 yds alternating distances.
- Passing/Hitting: Solo, set up two cones-target pass between the cones. Cones should be 3-5 yds apart