



TA Field Hockey 2026,

These pages contain information to help you get prepared for your upcoming season this fall. Each day you take time to focus on your fitness, skills, and strength. You are one step closer to fulfilling your field hockey and athletic potential.

As high school athletes you must commit to three areas of training:

1. Fitness
2. Strength
3. Skills and playing

These are three areas that we can control and that will directly enhance your performance for your season this fall and beyond.

BEFORE YOU BEGIN, PLEASE COMPLETE [THIS GOOGLE FORM](#) SO WE CAN GET TO KNOW YOU BETTER

This packet includes:

1. Your fitness assessments which will be tested during preseason, as well as throughout the season
2. Workouts to complete to make sure you are prepared for these fitness assessments and the season
3. Stick skills technique videos and individual/partner training ideas
4. Contact information for all coaches

We are excited for the upcoming season and look forward to seeing you this fall. If you have any questions at all, don't hesitate to reach out!

HEAD COACH CONTACT INFORMATION:

Suzanne Akerson

sakerson@thayer.org

2026 TEAM CAPTAINS: Reach out to Team Captains for Information on **Open Practices**

- Beatrix Cohen-Raymond cohenraymondbe@thayer.org
- Lydia Mynahan: mynahamly@thayer.org
- Kate O'Donnell: odonnellka@thayer.org

Fitness Test 2026

1. Repeats

a. Our first fitness test will be “repeats.” The goal is to get down the length of the field in 20 seconds. You then have the remainder of the minute to get back to the starting line, before beginning your next “20.” You should begin each repeat at the start of the minute with no breaks.

b. Our testing goal for pre-season will be 10 consecutive repeats. Throughout the season, we will work up to 15.

2. Timed Mile

a. Our second fitness test will be a timed mile. **Your goal should be to finish your mile in under 7 minutes and 30 seconds.**

3. 300s

a. Our third fitness test will be 300s. You will run to the 50 yard line and back 3x for a total of 300 yards. Our goal for this season will be 62 seconds or less. We will also have a reach goal of 57 seconds or less for those looking for an extra challenge.

Standard warm up:

This is a warmup you should complete before every workout session.

Complete all movements to the 25-yard line and jog/run (as you move through, speed up your jog/run pace) back:

- Walk on your toes
- Quad pulls
- [Scoops](#)
- Open gate (hips)
- Close gate (hips)
- Side lunge alt left/right
- Side shuffle left
- Side shuffle right
- Karaoke left
- Karaoke right

Strength and Conditioning: Each week you should condition for 3 days and have at least one

active day. You can choose the order of your workouts each week. Please note a few weeks throughout the summer where I ask that you send me your timed mile via email.

*The Thayer Fitness Center will be open Tuesday, Wednesday and Thursday mornings beginning on June 9th from 7am - 9am, and again from 11am - 1pm, beginning on Monday June 29th, please see specific dates and times noted on Announcement Page for more information if you would like to work with a strength & conditioning coach at Thayer. **Note the fitness center will not be open from 7am - 9am the weeks of July 5 & August 2. The fitness center hours of 11am - 1pm will not be available the weeks of July 13 and August 17.***

Week 1: June 29-July 5

Timed mile (just for you to know your starting point. You do not need to send time to Coach Noone)

Repeat for 4 Rounds:

200m run (preferably down and back on a FH field)

[30 sit ups](#)

200m run

[20 air squats](#)

200m run

[10 push ups](#)

Go on a long run for 35 minutes

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 2: July 6-12

Tempo Run- 2:00 fast run, 2:00 fast jog, 1:00 walk. Repeat for 25 minutes Run 400 yards (one lap around the track) (Goal under 1:45). Rest one minute. Repeat 6x Repeats: Sprint 100 yards in 20 s or less. Challenge time 18s or less. Jog back to the starting line in the remaining 40 s or less (this should add up to 1 minute). Repeat 10x for 10 minutes total running time. You should begin each repeat at the start of the minute with no breaks.

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 3: July 13-19

Timed Mile- goal under 7:30- Check your own progress- are you faster than two weeks ago? You do not need to send time to Coach Noone.

Repeat for 4 Rounds:

200m run (preferably down and back on a FH field)

[30 sit ups](#)

200m run

[20 air squats](#)

200m run

[10 push ups](#)

Ladders: (make sure you are wearing proper turf shoes to protect your ankles when pivoting)

8 Rounds –

Sprint to the 5 yard line, touch with hand, back to endline

Sprint to the 10 yard line and back

Sprint to the 15 yard line and back

Sprint to the 20 yard line and back

Sprint to the 25 yard line and back

Rest one minute between each round

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 4: July 20-26

800m run (preferably down and back on a FH field) this is a consistent fast run pace, not quite a sprint

Right into...

5 rounds of strength circuit:

[-20 air squats \(Proper Form\)](#)

[-20 sit ups](#)

[-10 push ups](#)

Right into...

800m run

300s: Run to the 50-yard line and back 3 times (total of 300 yards)

*Rest 2 minutes between each 300 yards. Repeat 3x. Goal Time under 65 seconds

Tempo Run: repeat for 25 mins

0:30 sprint

0:30 slow jog

1:00 fast jog

1:00 fast run

1:00 fast walk

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 5: July 27- August 2

Timed mile: (goal under 7:30) send Coach Noone your time

Ladders: 2 Rounds –

Sprint to the 100 yard line and back

Sprint to the 75 yard line and back

Sprint to the 50 yard line and back

Sprint to the 25 yard line and back

Rest 1 minute

Sprint to the 75 yard line and back

Sprint to the 50 yard line and back

Sprint to the 25 yard line and back

Rest :45 seconds

Sprint to the 50 yard line and back

Sprint to the 25 yard line and back

Rest :30 seconds

Sprint to the 25 yard line and back

***REST TWO MINUTES BETWEEN ROUNDS**

****BONUS - complete an additional round**

Go for a 35 minute run

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 6: August 3-9

Repeats: Sprint 100 yards in 20 s or less. Challenge time 18 s or less. Jog back to the starting line in the remaining 40 s or less (this should add up to 1 minute). Repeat 10x for 10 minutes of running total. You should begin each repeat at the start of the minute with no breaks.

150s: Sprint to the 25 yard line and back 6x (150 yards total). Goal time under 34 seconds. Wear turf shoes to protect your ankles when pivoting. Repeat 6x. 2 min rest between rounds.

2 Rounds:

400m run (preferably down and back on a FH field)

[10 burpees](#)

300m run

[30 walking lunge steps](#)

200m run

[10 burpees](#)

100m run

[30 walking lunge steps](#)

*Rest 2 minutes between rounds

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 7: August 10-16

Timed mile (goal: under 7:30) do not need to send time

Run:

4x400m – 1 minute rest after each

6x200m – 45 sec rest after each

8x100m – 30 sec rest after each

Repeat for 4 Rounds:

200m run- this is a fast run/sprint (preferably down and back on a FH field)

[30 sit ups](#)

200m run

[20 air squats](#)

200m run

[10 push ups](#)

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 8: August 17-23

Timed mile (goal: under 7:30. Send Coach Noone your time)

Repeats: Sprint 100 yards in 20 s or less. Jog back to the starting line in the remaining 38 s or less (this should add up to 1 minute). Repeat 10x. You should begin each repeat at the start of the minute with no breaks.

300s: Sprint to the 50 yard line and back (300 yards total) Goal time under 62 seconds.

Repeat 3x

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

Week 9: August 24-30th

Ladders: 2 Rounds –

Sprint to the 100 yard line and back

Sprint to the 75 yard line and back

Sprint to the 50 yard line and back

Sprint to the 25 yard line and back

Rest 1 minute

Sprint to the 75 yard line and back

Sprint to the 50 yard line and back

Sprint to the 25 yard line and back

Rest :45 seconds

Sprint to the 50 yard line and back

Sprint to the 25 yard line and back

Rest :30 seconds

Sprint to the 25 yard line and back

*REST TWO MINUTES BETWEEN ROUNDS

**BONUS - complete an additional round

Repeat for 4 Rounds:

200m run- this is a fast run/sprint (preferably down and back on a FH field)

[30 sit ups](#)

200m run

[20 air squats](#)

200m run

[10 push ups](#)

Go for a 35 minute run

Active day: 30-45 minutes of choice activity (ideas: yoga, swimming, strength, walking, jogging, stretching, etc.)

STICK SKILLS TECHNIQUE VIDEOS AND INDIVIDUAL/PARTNER TRAINING IDEAS

Overview:

Passing/Receiving

Hits

Shooting

Fakes/3D/Eliminations

Hand Speed

[Skills Demo Video](#)

Passing:

1. Snap passes

- Bump/tap the ball towards your target and snap through the ball. Should hear a sound.
- Use a crossover step for any pass over 10 yards. (Tap the ball, right foot goes behind left foot, then left foot pushes forward and you snap through the ball at the same time)

2. Drag Passes

- No tap towards your partner – you keep your stick on the ball the whole time. Should hear no noise!
- Use a crossover step for any pass over 10 yards. (Tap the ball, right foot goes behind left foot, then left foot pushes forward and you snap through the ball at the same time)

3. Flutz Passes

- HANDS APART**/low reverse pass. Once you are comfortable start limiting

your touches on the ball to just 2 (this means on your reception you need to also place the ball on your reverse side on your first touch so your second touch is the pass itself.- refer to video for demo)

4. Short Grip Hit

- a. Put your hands to the middle of your stick (make your stick smaller). **THIS IS NOT A DRIVE**. Go easy on your swing – no need to power through just let your arms fall through the ball. This will **DRASTICALLY** improve your hit in general and your first touch.

5. Sweep

- a. Hands together at the top of the stick (where you would place your hands for a drive). Full backswing (that stays on the turf) and full follow through. You should be striking the ball on the move with your chest over your left knee. Your right knee should either be on or right above the ground (**GET LOW!!!**) Stay loose with your wrists.
 - b. Use a crossover step for power! (Tap the ball, right foot goes behind left foot, then left foot pushes forward and you snap through the ball at the same time)
- #### 6. One Time Passes (set up cones or anything that you can pass through)
- a. **Lifted** – Stay behind the ball. Should feel like a tennis match or volleyball game! Have fun with this. Try to get as many reps in with your partner as you can.
 - b. **Upright Reverse** – Hands apart and together
 - c. **On the move** – go in and out of the cones with your partner. Put your body in the position you need, to successfully do a one time pass. **HAVE** to move your feet!

Shooting:

7. Reverse Hit

- a. Set the ball up in front of you a stick away. Lunge towards the ball with your right toes pointing at the ball and your right knee at a 90-degree angle. Your other knee will be on the ground. Bring your hands up to your armpits and then through the ball striking the ball with the edge of your stick. **THIS WILL TAKE MANY REPS! Don't get discouraged!**

8. Forehand hit

- a. Cross over step happens after you tuck/tap the ball towards the cage/target/partner. Hands come together at the top of your stick. Check your backswing! The flat edge you use to dribble the ball should be facing the same way your chest is in your backswing! Strike the ball and make sure your front toe (left foot) is pointed towards your target and you follow through. Your momentum should move you towards the target once the ball is released. (Tap the ball, right foot goes behind left foot, then left foot pushes forward and you snap through the ball at the same time)

Shooting Drill Ideas:

Use a rebound board or a partner to help put balls on the move. It is important to get your feet around the ball and not touch it an abundance of times to move it to the right spot. You want to move your body to the right spot to be able to successfully hit the ball. **THE LESS TOUCHES**

THE BETTER! Once you get comfortable here – add in different elimination skills before you get your shot off (brush reception, pulls, 3D skills, change up your dribbling speed).

Warm Up

[Video Here](#)

1. 2x30 single leg dribbles R/L balance- ball out in front
2. 2x40 single leg dribbles- ball out on left side of body/ ball out on right side of body 3. 3x 30seconds (2 cones) “90 1-yard length pulls” in 30 seconds (work up to this)-develop hand speed, if you mess up work on REACTION time- get the ball moving again!
- *Importance of getting the stick all the way over on reverse 4. 2x 60 Big pulls move feet- 2 pulls in-between 2 cones 5yards apart- time yourself.
5. Left hand only pulls 3x30 seconds
6. Right hand only pulls 3x30 seconds

#1 Fakes/3D/Eliminations

[Video Here](#)

1. 3 x 20 Fake over left pull right
2. 3 x 20 Fake over left pull right with 3D
3. 3 x 20 Fake over right pull left
4. 3 x 20 Fake over right pull left with 3D
5. 1 x 30 Fake Reverse pass
6. Body Sways 3 x 30 seconds – get your body comfortable swinging to each side of the ball when dribbling. Imagine the ball has to stay on a single line while your body goes around it. Practice getting your head/eyes up.
7. Grab an object like a stick – 3D over and back continuous - 3x30 seconds
8. Controlled 3D. Getting your stick outside your body and exploding to a certain area. Controlling your 3D skill with a “check” on the ball to stop it where you want. You’re the ball’s boss.
 - a. Find objects like hats, cones, dog collars, anything. Lay them on the surface 1.5 feet apart. *Stand at the back end of the first object.* 3D to the next object and stop it dead at/in that object. Continue through and back (that’s one rep) 3x3 reps.
 - b. Same concept except stand so the objects continue to your **right**. Keep your body facing the objects head on so you have to shuffle sideways to complete the drill. 3D to the RIGHT stopping dead at/in each object. LOW hands outside your KNEES. Continue through and back (that’s one rep) 3x3 reps.
 - c. Same concept except stand so the objects continue to your **left**. Keep your body facing the objects head on so you have to shuffle sideways to complete the drill. 3D to the LEFT stopping dead at/in each object. Low hands outside your KNEES. Continue through and back (that’s one rep) 3x3 reps.
9. Start with all the cones on your right but you go forward into/at the first object - **Right** into/at the next object - Forward out of that object. Until you finish through your cones/hats/etc - then you turn around and do the same thing to the **left**. Continue through and back (that’s one rep) 1x3 reps.

#2 Hand Speed

[Video Here](#)

1. Feet face forward – pulls forward and back on left side of body 2x25

2. Feet face forward – pulls forward and back on the right side of body 2x25 3. Figure 8s using your legs – try to go faster each time. 2 x 10 figure 8s 4. V pulls for hand speed - use a golf ball, then a hockey ball. BE CREATIVE. 2 sets of 15 V drags or if you have multiple V drags in your “station” work for 1 minute and rest 30 seconds and do that 3 times.

a. Add slalom 2x15 reps

5. Little big pulls – 4 x 30 seconds

Standing still:

6. Pull right 3D over a stick/object 2x15

7. Pull left 3D over stick/object 2x15

8. 1x50 double touch elimination 3d skill

9. 1x50 triple touch elimination 3d skill

10. Minefield - 3 x 30 seconds

11. Minefield with 3D – 3x 30 seconds

12. Grab 3-5 cones and put them 1 ft apart: Stand at the most right of the cones. (Either hit against a wall to receive or grab a partner to pass to you) Receive and ON THE FIRST TOUCH pull to each of the three cones. Very important to manipulate the ball on its first touch. You are the Ball’s boss. Do for sets of 30-45 seconds. Grab a partner and they can call out a color cone for you to pull to!

#3 Passing/Receiving/Hit

[Video Here](#)

Grab a partner (or if you have no one find a rebound board/wall/etc – Ideally you want a partner to pass with but make due with what you have!) to pass you balls to do different receptions off of. *(Do all of these through and then switch to only right footed passing back to your partner) Be creative !!*

1. Have them pass to your strong stick side. You stop the ball dead wherever it was passed and move your feet around the ball to snap pass back.

2. Brush Reception

i. Mix in 3D brush receptions when you’re comfortable

3. Reverse brush reception

i. Mix in 3D reverse brush receptions when you’re comfortable

4. Have them pass you 3D passes. Stop DEAD before passing back

5. Touch to your left and Flutz/Reverse Pass back to your partner/the wall a. 3D reception to your left and Flutz/Reverse Pass back to your partner/the wall 6. Then get into moving the ball on the move: Have them pass to your **left foot** and try to push forward to *useable space* (in front of you at 1-2 o’clock) and pass forward *(Do all of these through and then switch to only right footed passing back to your partner)* 7. Receive on your UPRIGHT reverse side

8. Receive on your LOW reverse side

9. Run up to pass receive across your body – (think individuals from spring!)

a. Mix in a 3D reception

10. Run up receive at your right foot – touch forward

a. Mix in a 3D reception

11. Roll out receptions

- a. Mix in a 3D reception
- 12. If you have a surface to hit against: Stand with your feet parallel to the wall so it is on your right. Reverse upright hit against wall and receive on backhand. Make sure your body/feet are moving.
 - a. Then with 3D
 - b. Then try to do it hard enough so you're forced to go on the move away from the wall.
- 13. Turn so you face the wall – 3D continuous pass to yourself for sets of 30 seconds. Once you get comfortable try passing to the right side of your body and then the left so your stick goes upright outside your body on each bounce.
- 14. Wall Ball 3x1 minute start with golf ball, then tennis and then progress to hockey ball- alternate with left foot leading and then right foot leading

#4 Challenges

[Video Here](#)

***Contrast training- use a golf ball- makes a hockey ball appear very big- PERCEPTION*

- 1) Once a week- add something that is weighted taped to the end of your stick. Use a golf ball, tennis ball:
 - a. 50x air dribbles
 - b. 20 x small figure 8- 2 cones or whatever you have 2 yards apart
 - c. 20 x big figure 8 ice skater- one leg alternating
- 2) 20x dead ball overhead pick up- golf ball first, then tennis ball, then hockey ball
- 3) Do you have a sibling? Do 1v1 for sets of 1 minute. Get up to 10 sets! - whoever has possession is on offense. You're trying to get to one end of the mat to earn a point. Keep track of points ☺
- 4) Keep Away & Obstacle Course: use tennis ball, FH ball, your dog, be creative

