

EAST FIELD HOCKEY

Summer Strength & Conditioning Plan

Here is your 7-week strength and conditioning packet to prepare you for the upcoming season. It is expected of you to be able to pass the mile run test in **9:30 minutes or less** at the start of preseason. This packet is your guide to help you confidently pass this run test and prepare you for season. Many of you will be busy this summer working/traveling/etc., this packet is for you too. Remember **preparation is the key to success**. Your hard work will be worth it!

Please plan for about 1-2 hours in your day to complete these workouts. Your weeks will look similar to this...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest & Stretch Day	<ul style="list-style-type: none"> • Condition • FH skills 	<ul style="list-style-type: none"> • Condition • FH skills • Lift or Circuit training 	<ul style="list-style-type: none"> • Condition • FH skills 	<ul style="list-style-type: none"> • Condition • FH skills • Lift or Circuit training 	<ul style="list-style-type: none"> • Condition • FH skills 	<ul style="list-style-type: none"> • Stretch • Foam roll • Long run/swim/elliptical/bike/etc. (aerobic conditioning)

8-8:45 AM conditioning (senior runs): Monday-Friday on Mehney Field

9:00 AM lift: Tuesday and Thursday high school weight room with Marcus Barwiss and staff

What else can you do to become a better athlete you ask?!...

- **Lift!** Lifting helps prevent injury, build muscle, increase balance, improve body composition, and generate more power while playing the sport we love. ALERT: if not done correctly, injury can occur. Always choose proper form over increased weight. Utilize the trainers at the high school or use guidance from certified trainers/assistance.
- **Hydrate!** Aim for 2 liters of water daily. The easiest way to know if you are hydrated, is to look at the color of your urine. The lighter the color, the more hydrated you are. We want urine to look like lemonade, not apple juice. Soda is not hydrating.
- **Listen to your body!** If injury occurs REST. If minor injury, use the RICE principle (Rest, Ice, Compression, and Elevation). Heat should be applied only 48 hours after injury occurs. Seek medication attention as necessary.

- **Train with a friend!** Teammates hold you accountable and studies show athletes train harder when exercising with a buddy.
- **Warm-up and cool down!** This prevents injury, decreases soreness, and increases flexibility and mobility.
- **Core Training!** Your core connects your entire body to itself and is its major stabilizer. A strong core is important.
- **Eat!** Lean protein, complex carbohydrates and healthy fats.
 - Protein: Chicken, beef, eggs, seafood, protein shakes, plant protein, etc.
 - Carbohydrates: Fruits, vegetables, pasta, quinoa, bread, rice, potatoes, etc.
 - Fats: Olive oil, avocado, nuts, salmon, egg yolk, cheese, etc.

TEAM PROJECT: It is up to the team to create the warm-up and cool down for practices and games. Below are some examples for you to use, you are not limited to what is on this page. This will be trialed during preseason. Guide: warm-up should incorporate some type of footwork and sprints to prepare your body for competition. Yes you can include music.

****Disclaimer**** There are a lot of options below for you to choose from on purpose! Pick a few options each time you train. Change up your routine daily so you continue to challenge your body and not get bored. This keeps training fun ☺. If you are unsure of how to do these movements use resources such as your coaches and YouTube.

Warm-up: Should be **DYNAMIC**, meaning in motion. Goal is to increase heart rate and break a sweat.

- Agility Ladder Drills: One foot, two feet, scissors, ickey shuffle, carioca, in & out, river dance, jumping jacks, etc.
 - If agility ladders are unavailable, perform line hops. Find a line and jump forward and backward, side to side, and/or in a square clockwise and then counterclockwise. Start with two feet and then move to one foot.
- Dynamic Stretches: Leg swings (front to back and side to side), toy soldiers, golfer pickups, lunge with twist, knee to chest, inch worms, 2-step hamstrings, glute pulls, walking quad stretch, etc.
- Plyometric: High knees, butt kickers, backward jogs, carioca, side shuffle, skip, power skips, forward bounds, ski jumps, etc.

Cool Down: Should be **STATIC. Hold stretches for at least 30 seconds.**

- First perform an easy walk/jog to decrease heart rate
- Static stretches: Hit the major muscle groups including hamstrings, glutes, calves, quadriceps, biceps, triceps, etc.

Last minute Details:

1. SENIORS: Please rotate through the conditioning options found below. There is no order to the rotation. Circuit training may be added.
2. If you are attending camps/clinics, that will be your training for the day. If you are not attending the camp or clinic, training is still expected of you.
3. If you will be on vacation/unable to make senior runs, pick a conditioning training, find time to practice your FH skills, and complete circuit training.
4. Complete the 1 mile run test at least once a week to see where you stand and develop a plan to pass the test.
5. GOALIES: You are to pass the mile run test as well, therefore this packet made specifically for you too. Focus on footwork, core exercises, and lifting/circuit training. Suit up in your gear with your teammates and join in on shooting and passing drills.

8-8:45 AM conditioning (senior runs): Monday-Friday on Mehney Field

9:00 AM lift: Tuesday and Thursday high school weight room with Marcus Barwiss and staff

JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 1 mile run test	19 Conditioning/ FH skill on middle school field (mowed ☺) GR Field Hockey Clinic Davenport University	20 Conditioning/ FH skill on middle school field GR Field Hockey Clinic Davenport University	21 Conditioning/ FH skill on middle school field GR Field Hockey Clinic Davenport University	22 Conditioning/ FH skill on middle school field	23 Meijer State Games (EGR Hosting)
24 Stretch & Rest	25 1 mile run test <u>8-8:45 AM:</u> Mehney Field Conditioning/FH skills starts U of M Clinic (Mon/Tues)	26 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift U of M Clinic (Mon/Tues)	27 <u>8-8:45 AM:</u> Conditioning/FH skills U of M Clinic (Wed/Thurs)	28 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift U of M Clinic (Wed/Thurs)	29 <u>8-8:45 AM:</u> Conditioning/FH skills U of M Clinic (Fri/Sat)	30 20 minutes of aerobic exercise Stretch & Rest U of M Clinic (Fri/Sat)

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stretch & Rest	2 1 mile run test <u>8-8:45 AM:</u> Conditioning/FH skills	3 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	4 <u>8-8:45 AM:</u> Conditioning/FH skills	5 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	6 <u>8-8:45 AM:</u> Conditioning/FH skills	7 25 minutes of aerobic exercise Stretch & Rest
8 Stretch & Rest Northwestern Camp	9 1 mile run test <u>8-8:45 AM:</u> Conditioning/FH skills Northwestern Camp	10 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift Northwestern Camp	11 <u>8-8:45 AM:</u> Conditioning/FH skills Northwestern Camp	12 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	13 <u>8-8:45 AM:</u> Conditioning/FH skills	14 25 minutes of aerobic exercise Stretch & Rest
15 Stretch & Rest Michigan State Champions Team Camp	16 1 mile run test <u>8-8:45 AM:</u> Conditioning/FH skills Michigan State Champions Team Camp	17 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift Michigan State Champions Team Camp	18 <u>8-8:45 AM:</u> Conditioning/FH skills	19 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	20 <u>8-8:45 AM:</u> Conditioning/FH skills	21 30 minutes of aerobic exercise Stretch & Rest
22 Stretch & Rest	23 1 mile run test <u>8-8:45 AM:</u> Conditioning/FH skills	24 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	25 <u>8-8:45 AM:</u> Conditioning/FH skills	26 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	27 <u>8-8:45 AM:</u> Conditioning/FH skills	28 30 minutes of aerobic exercise Stretch & Rest

AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Stretch & Rest	30 1 mile run test <u>8-8:45 AM:</u> Conditioning/FH skills	31 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	1 <u>8-8:45 AM:</u> Conditioning/FH skills	2 <u>8-8:45 AM:</u> Conditioning/FH skills <u>9 AM:</u> Lift	3 <u>8-8:45 AM:</u> Conditioning/FH skills	4 35 minutes of aerobic exercise Stretch & Rest
5 Stretch & Rest	6 1 mile run test Stretch & Rest	7 Stretch & Rest	8 TRYOUTS 9:30 AM-12:30 PM & 3:30-5:30 PM	9 TRYOUTS 9:30 AM-12:30 PM & 3:30-5:30 PM	10 TRYOUTS 9:30 AM-12:30 PM & 3:30-5:30 PM	11 Go East!
13	14 PRESEASON	15 PRESEASON	16 PRESEASON	17 PRESEASON	18 Senior Retreat	19 Senior Retreat

Conditioning:

- Long runs: Run 2-5 miles at an 8-10 minute pace. As you become more in shape, increase your distance and time. You can intermittently use other training methods such as swimming/biking/elliptical/etc.
- Fartlecks: Alternate between jogging and 75-85% sprint pace. **There needs to be a change in speed!** There are also multiple ways to complete this run. You can choose a landmark (tree, mailbox, sign, etc.) and sprint to that landmark. Then jog until the next landmark and repeat. Or if you have a watch, you can follow intervals like the ones listed below. These vary by intensity. ON means sprint and RECOVER means the active recovery of jogging. Injured, need to give running a break, and/or on vacation?!...You can apply this concept to biking (stationary or road), swimming, jump rope, kayaking, elliptical, stair master... you name it.
 - 15 sec ON, 45 sec RECOVER
 - 30 sec ON, 30 sec RECOVER
 - 30 sec ON, 15 sec RECOVER
 - 45 sec ON, 30 sec RECOVER
 - 1 minute ON, 1 minute RECOVER
 - 1 minute ON, 30 sec RECOVER
- Striders: Sprint 100yds in 20 seconds, touch the line and jog back to the start. You have 40 seconds to recover, including the jog back. On the minute mark repeat. Do this 6 times.
- Ladder Sprints: Sprint 100yds (30 seconds rest)→ 200yds (1 minute rest)→ 300yds (1:30 minute rest)→ 400yds (2 minutes rest)→ 400yds (2 minutes rest)→ 300yds (1:30 minute rest)→ 200yds (1 minute rest)→ 100yds (30 seconds rest)
- 25 yard sprints: Sprint to 25 and back (total of 50yds) with 30 seconds of rest. Do this 10 times.
- 50 yard sprints: Sprint to the 50 and back (total of 100yds) with 45 seconds of rest. Do this 7 times.
- 25 yard and 50 yard sprints mashed: Sprint 50 yards in 10 seconds and recover back to starting line in 20 seconds (recovery includes the jog). On the 30 second mark, repeat. Do this 3 times. On the 4th sprint, sprint to the 25 and back in 10 seconds, followed by a jog to the 25 and back in 20 seconds. On the 30 second mark, start from the beginning. Therefore every 4th sprint is to the 25 and back. Repeat whole circuit 4-5 times.
- Senior's Choice

Field Hockey Skills/Conditioning:

- Scrimmage!!!: Full or half field.
- Flow Drills: Set up a series of stations. **Focus on form and change of speed!** 1-2 minutes maximum to complete flow drill, recover and repeat. Grab cones, goals, agility ladders, etc.
 - *Station examples*: Mine field, pull left/right, spin left/right, baseline run, air dribble, Indian dribble, speed dribble, shooting, weaving in and out of cones, passing, 3D skills, aerials, etc.
- Box Drills: Set up square boxes with mini goals on either side for 1v1 – 4v4 play. Play “make it take it” style, meaning if the individual/team controls the ball over the goal line, it is still their ball to try and control the ball through the opposite goal.
- Passing and Receiving: Grab a partner/partners and work on push-passes, drives, bouncy balls, sweeps, and receiving these hits stationary and on the move. Complete until form breaks down, rest and repeat.
- Yard stick pulls: Do as many yard sticks pulls as you can in 1 minute. Repeat 3 times.

Aerobic Conditioning:

- Steady even pace of running, swimming, elliptical, biking, kayaking, jump roping, etc.

Circuit Training:

Perfect for when you are traveling/on vacation. Pick 4-5 exercises. Depending on the type of exercise choose repetitions of 12-20, a time of 30 seconds-minute, or a distance of 25-300 yards. Repeat these exercises non-stop as best you can for 20-30 minutes. You are not limited to the exercises listed here. You can modify exercises for correct form (example substitute “girl” push-ups for push-ups)

Burpees	Jumping Jacks	Jump Rope	Sprints
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Walking Lunges (Forward and Backward)	Squat Jumps	Squat Holds	Alternating Lunge Jumps
Push-ups	Triceps Bench Dips	Pull-ups	Chin-ups
Russian Twists	Planks (front and side)	Sit-ups	Leg Lowering

Resistance Circuit Training examples:

#1

Squat Jumps	20 reps
Front Plank	30 seconds
Walking Lunges	20 reps (10 each leg)
Push-ups	10 reps

#2

Lunge Jumps	20 reps
Sprint	50 yards
Side Plank	30 seconds each side
Triceps Bench Dip	12 reps

#3

Burpees	10 reps
Sit-ups	12 reps
Squat Hold	45 seconds
Push-ups	10 reps

Additional information on **Team Website**: <http://www.egrfieldhockey.org/> **Team email**: egrfieldhockey@gmail.com