

## **Branham Field Hockey Summer Workout Program 2015**

The following is a 6 week workout program to get you ready for the upcoming season. It should be started the week of July 6<sup>th</sup>. I know that you have a lot of things going this summer, but it is important to you individually and as a team to make sure you are prepared physically and mentally for the field hockey season. Here are a few key points to keep in mind about your summer workouts:

- Heat-Try to avoid working out between 12 and 4 p.m. since the temps tend to be much warmer.
- Hydration- Be sure you are drinking water before, during, and after every workout.
- Eat-Make sure you are eating healthy food with a combination of protein, fiber, and carbs. Try to keep the junk food to a minimum. 😊
- Bring a buddy-Work out with a partner or small group. It will keep you motivated and also you will push each other to work harder. We will also have weekly team days that you can meet at Branham and work out.
- Record your workouts-Write down what you do and any times. Use this information to work on setting goals for improvement.
- Know yourself-Each of you are built differently, begin with various fitness levels, and have different strength areas. Some of you are already in good shape so you may do more than is listed on the schedule. Those of you starting out may begin with the minimum listed distances and times and will work at your own improvement schedule. This is why it is so important to record your workouts. Also, you may be going to a camp or participating in another sport so some of your workouts may be adjusted. Again, record what you actually do.
- Stay injury free-Don't work out so hard that you get injured. Listen to your body. If you need to rest, then REST.

### **General Weekly Schedule\***

\*This is a general workout schedule. Feel free to adjust days according to health, degree of fitness, vacation, and ability. Also, you can add in stick work on any M W or F. Plan for 1-1.5 hours to complete a workout.

Long runs consist of 2-5 miles aiming for an 8-10 min. mile. Your runs should consist of varied lengths of varied speeds. This is called a Fartlek (yes, it does sound funny). For example, you might run the first mile at a warm up speed of a 10 min. mile. During the next mile, alternate jogging and various speeds of sprints. You might choose a landmark, such as a tree, and sprint toward the tree then use the next landmark as a recovery. This type of running more closely resembles the running you do in a game. Generally it is 15-30 seconds of sprinting every 2-3 minutes.

Only use weights if you have a certified trainer or assistant. If you don't have accessibility to weights, exercises like

sit-ups, squats, forward lunges, tricep bench dips, plank holds, push-ups and/or any type of resistance exercises will work well.

Stick work/agility/speed workouts should also include practice at some of the tests you will be doing at tryouts. These should be done on at least 3 days in a week. A regular work out would include about 15-20 min. each of speed and agility and 20-40 min. of stick work, which would include drills and game play, if possible. You can pick agility and speed drills from the menus below. Try to vary it up.

**Goalies:** You can do much of the endurance, agility and speed workouts. Also be sure to do some agility drills that are more specific to your position. Wear your goalie kickers and/or pads for even more of a workout. Here are some more exercises you can do specifically for footwork:

- Grapevine (both directions)
- Ladder work-use an agility ladder (or use cones, socks or whatever to make a grid). Run across ladder: 1 foot in each square, 2 feet in each, skip 1, skip 2
- Fast Feet square-mark out a 10 with sides of 10 yards. Face the same direction the entire time and use the shuffle and fast feet to move to each cone.
- Fast Feet Triangle-same as the previous exercise. The triangle should also have 10 yard sides.

### Suggested Schedule:

Monday-long run/weights

Tuesday-stick work/agility/speed\*

Wednesday-long run/weights

Thursday- stick work/agility/speed\*

Friday-long run/weights

Saturday/Sunday-You can throw in an additional run and/or agility/speed workout, scrimmage, cross-train in another sport or rest as needed.

\*always start with a warm-up run and stretch

## **Summer Weekly Schedule**

### Week of July 5-11

MWF-You should be running 2-3 miles to build up a general endurance level.

TTh- Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

### Week of July 12-18

MWF-You should be running 2-3 miles with an improvement in your times-aim for an 8-minute mile. Begin strength training.

TTh- Speed/Agility workouts and stick work

### Week of July 19-25

MWF-You should be running 3-5 miles with varied speeds (fartlek training).

Continue strength training.

TTh- Speed/Agility workouts and stick work

### Week of July 26-Aug. 1

MWF-You should be running 3-5 miles with varied speeds. Try to improve your overall times. Continue strength training.

TTh- Speed/Agility workouts and stick work

### Week of Aug. 2-8

MWF-You should be running 4-6 miles with varied speeds. Continue strength training.

TTh- Speed/Agility workouts and stick work

### Week of Aug. 9-15 (NOTE: Tryouts begin on Friday, Aug 14<sup>th</sup> from 6-8pm)

MWF-You should be running 4-6 miles at an 8-10 min. pace. Continue strength training.

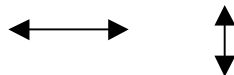
TTh-Speed/Agility workouts and stick work

## **Speed Workouts**

- Ladder run: on the track. Run 100m – rest 30 seconds, 200m – rest 1min; 400m – rest 2 min, 400m – rest 2 min, 200m – rest 1min, 100m – done
- Striders: on a field hockey or soccer field. Start at the end line and run to the opposite end line by 20 sec, immediately jog back to your starting position. At 1 min mark repeat; do 6 total
- 300: on a field hockey or soccer field. Start at the end line and sprint to the 50. Touch the line with your hand as you pivot and sprint back towards the end line. Run to the 50 and back 3 times without stopping = 300m. Do 3 300s total, aim to finish each in under 1min 5 seconds
- suicides-work to 3 of these with a 2 minute recovery time between each.
- 25 yards-sprint 25 yards and back with a 30 sec. recovery. Do this 5-10 times
- 50 yards-sprint 50 yards and back with a 45 sec. to 1 min. recovery. Do this 5-10 times

## **Agility Workouts** (see Tryout Testing for explanation of each)

- Ladder drill-forwards and backwards
- Quick Feet-this can also be done over your stick-do for a minute with stick facing these two directions



- Footwork Shuffle-use the stick in the same directions as above. Instead of going over the stick, go around the stick using quick feet. Stay low and on your toes.
- Up and Back-5 yard continuous sprints with a touch each time-work on pivot and turn

## **Stick work drills** (see Tryout Testing for explanation of each)

- Futures test
- Pulls-side to side and front to back
- Speed Dribble
- Cone Dribble
- Passing-push, slap, sweep off left and right foot
- stops
- air dribbles

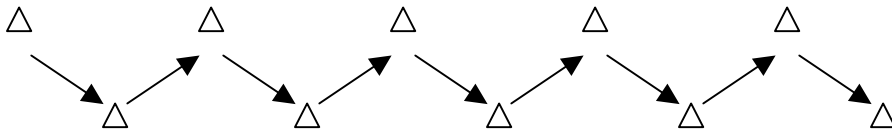
**Fall Tryout Testing**-Although we will not be doing all of the following activities for tryouts, we will do many of these the first few weeks to get a better idea of overall fitness. We **will** do the Futures test (see stickwork), timed mile, Striders (see speed workout) and timed 50 and 100 yard runs. We will also observe stick skills and game play.

### Workout Log

You will be keeping a 6-week workout log. It can be in a journal, on binder paper in a folder or simply recorded on a calendar. Be sure to record what you accomplished. Include times, speed, and a response (this can include how you felt, what you did well, what you want to work on, etc.) This is similar to what we will be doing during the season as well.

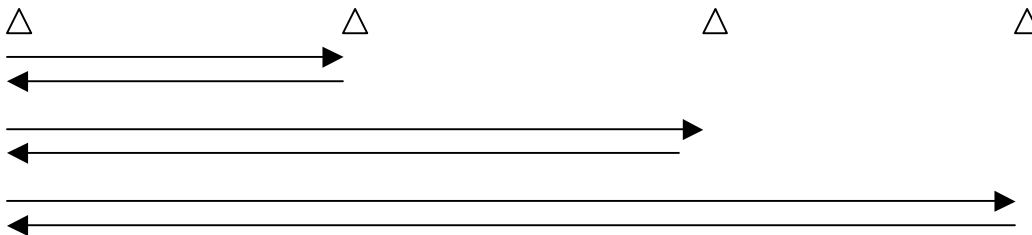
### Agility

- Quick Feet-number of times over line in a minute both side-to-side and up-and back (you will be given a minute to see how many times you can quick-step both feet over a line-both front to back and also side to side)
- Ladder Drill (10 cones set alternately about 5 yards apart-you will be timed how fast you can go forwards and also backwards)



### Endurance

- 1 mile timed
- Suicides-end line to 25 and back, end line to 50 and back, end line to 75 and back, end line to end line and back-do this whole set together.

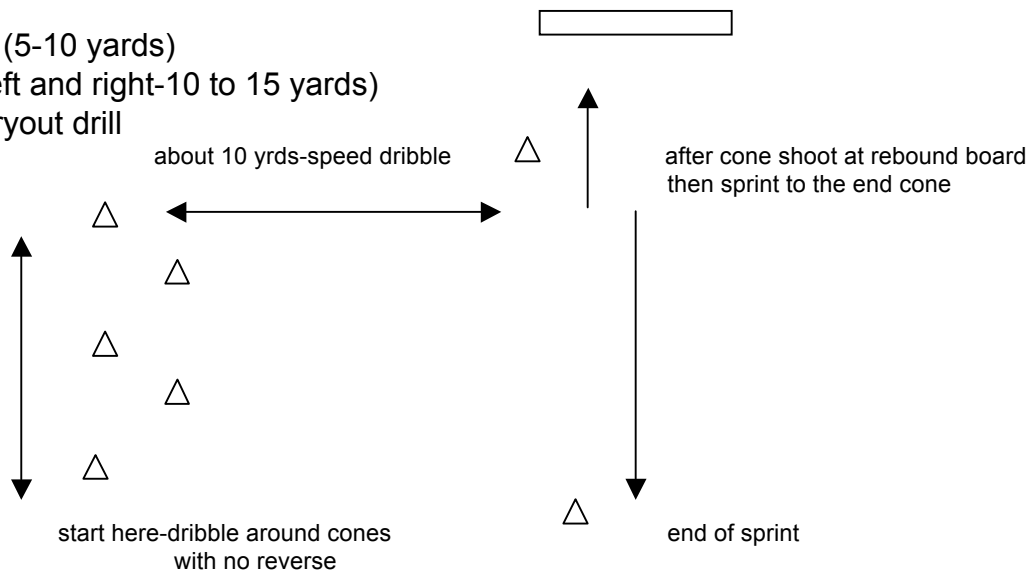


### Speed

- 50/100 yard sprints (a minimum of at least 3)
- timed pulls-with ball in front and both sides (stand between two football field hash lines and pull the ball back and forth in front of you-ball must cross both lines/for side pulls the ball must start at the top of the hash mark on the right and be pulled to the bottom of the hash mark and back to top-this will be done separately on both sides)
- straight dribble 25 yards
- dribble through cones (10 cones set alternately about 5 yards apart-you will have to do it with no reverse stick-same set up as ladder drill)

## Stick work

- air dribble (number of times in a minute-concentrate on control)
- pushes (10-15 yards)
- stops
- slap shot (5-10 yards)
- sweep (left and right-10 to 15 yards)
- Futures tryout drill



## Games

- seeing the field (space and other players)
- timing
- passing and movement

We will also be looking for enthusiasm, effort, and the ability to work as a team player.

NOTE: Goalies will need to complete all of the agility, endurance and speed work that don't use a stick and ball. Any short distance agility testing will include **at least** goalie kickers.

## Captains

Any player that would like to be a captain must fill out an application (simply complete the essay requirements below). Players will also be individually interviewed, voted on by peers and approved by coaches. If you are interested in being a captain, simply turn in a 1-2 pg. typed essay that answers the following questions:

- What does it mean to be a captain?
- Why do you want to be a captain?
- What qualities, ideas and/or experience would you bring to the position of captain?