

# **Wildcat Field Hockey Off Season**

## **Workouts: Format I & Format II**

Warm Ups: Dynamic & Static

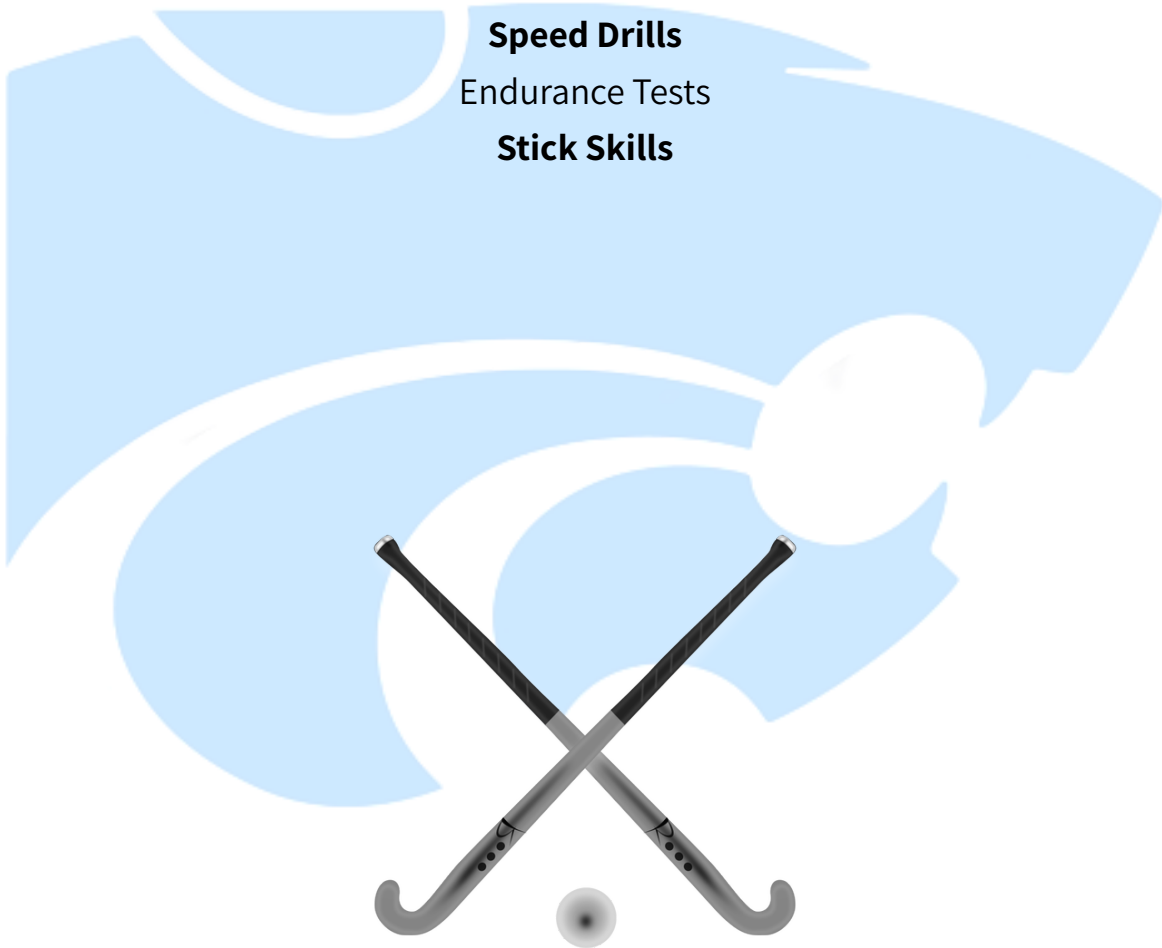
### **Recovery & Balance**

Nutrition and Hydration Basics

### **Speed Drills**

Endurance Tests

### **Stick Skills**



## **Dynamic Warm Ups**

Dynamics are to warm up the body and joints through movement along a 10 yard distance.

An example:

High knees

Butt kicks

Scoops

Knee hugs

Lunge with twist

Frankensteins

Single leg RDL's/ Airplanes

Power skips

Karaoke

Leg swings

Trunk rotations

Inch worms

Toe walks

Heel walks

## **Static Stretches**

Static Stretches are to cool down the body after exercise and are KEY to recovery and injury prevention. Hold each stretch for 15-20 seconds.

Quad stretch

Hamstring stretch

TV/ Glute stretch

Hurdlers stretch

Laying twist

Butterfly stretch

Cobra pose

Calf stretch

Pigeon stretch

Kneeling hip flexor stretch

## **Recovery**

Listen to your body. Active rest is recommended (walking, biking, yoga, foam rolling, long stretches)

## **Balance**

Working on balance can help your overall coordination and can help with ligament, tendon, and core strength. Examples:

Balance on one foot, Balance on one foot and touch the floor,

Balance on one foot with eyes closed, Single leg squat (with table if needed)

Lateral slide lunge (can be done with a sock on a tile floor): slide foot away then back to midpoint

Back slide lunge (can be done with a sock on a tile floor): slide foot back, sit, then return to midpoint

## **Nutrition**

Fuel is essential to progress. Our bodies cannot function without food and water. As an athlete, it is important to get adequate protein, carbohydrates, and fats into your body.

*International Sports Science Association recommends:*

- A variety of vegetables from all groups: dark green, red and orange, legumes (beans and peas)
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and or fortified soy
- A variety of protein foods including seafood, lean meats and poultry, eggs, legumes, nuts, seeds, and soy products

Field Hockey players specifically need to have a **20-20-60 split**. This means that 20% of your food consumption should be fat, 20% should be protein, and 60% should be carbohydrates.

Example for 2,000 kcal / day	Example for 2,500 kcal/day	Example for 3,000 kcal/day
<b>Fat:</b> 400 kcal or 44 grams <b>Protein:</b> 400 kcal or 100 grams <b>Carbohydrates:</b> 1200 or 300 grams	<b>Fat:</b> 500 kcal or 56 grams <b>Protein:</b> 500 kcal or 125 grams <b>Carbohydrates:</b> 1500 kcal or 375 grams	<b>Fat:</b> 600 kcal or 67 grams <b>Protein:</b> 600 kcal or 150 grams <b>Carbohydrates:</b> 1800 kcal or 450 grams

## **Hydration**

Hydration and water is essential to performance of the mind and body. Ensuring adequate fluid intake, especially in the summer, is of the utmost importance. Salt is also important in the summer to compensate for sweat. (For example: ¼ teaspoon of Himalayan salt per 40 oz of water)

Daily Energy Expenditure	Minimum Daily Water Intake
2,000- 3,000 calories (light to moderately active)	64 to 120 ounces
3,000-4,000 calories (moderately to highly active)	120 to 155 ounces
4,000 calories and above (all day outdoor tournament)	160 to 220 ounces

## Speed Drills

Use as dictated in workouts or individually to have better footwork and speed. Measure progress over time

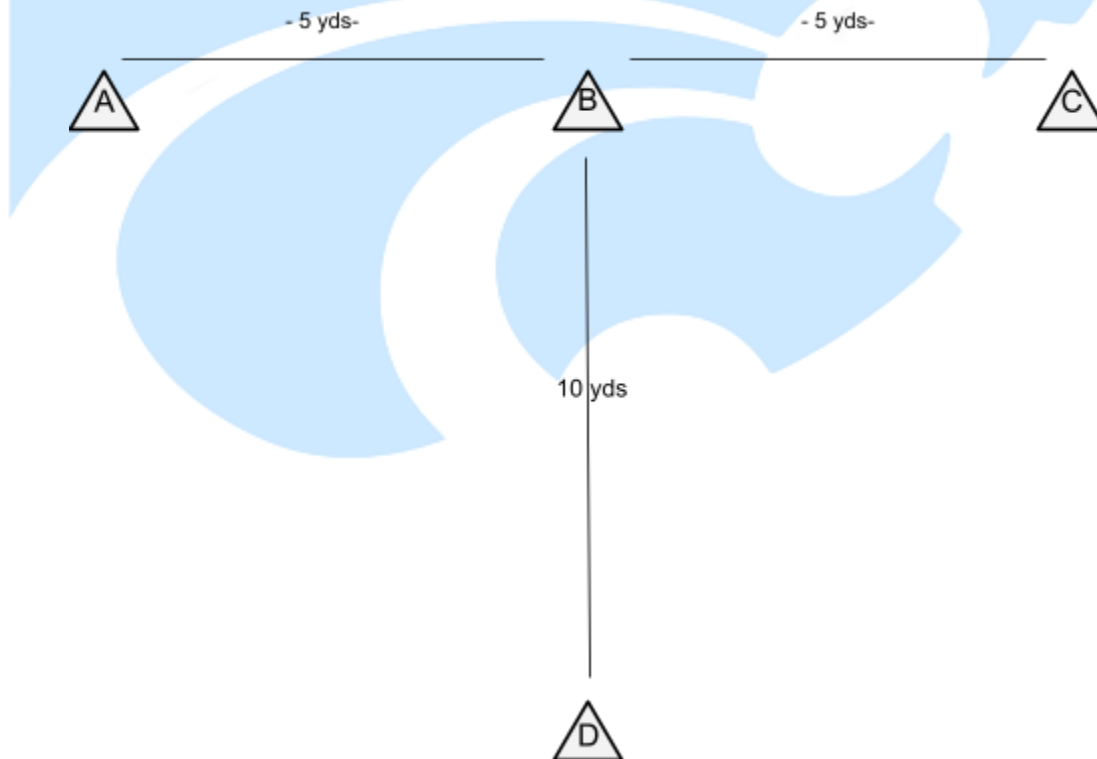
### Pro Agility Drill

Instructions: Set up cones 5 yards apart. Start at cone B, sprint to cone C, turn, sprint to cone A, sprint through cone B.



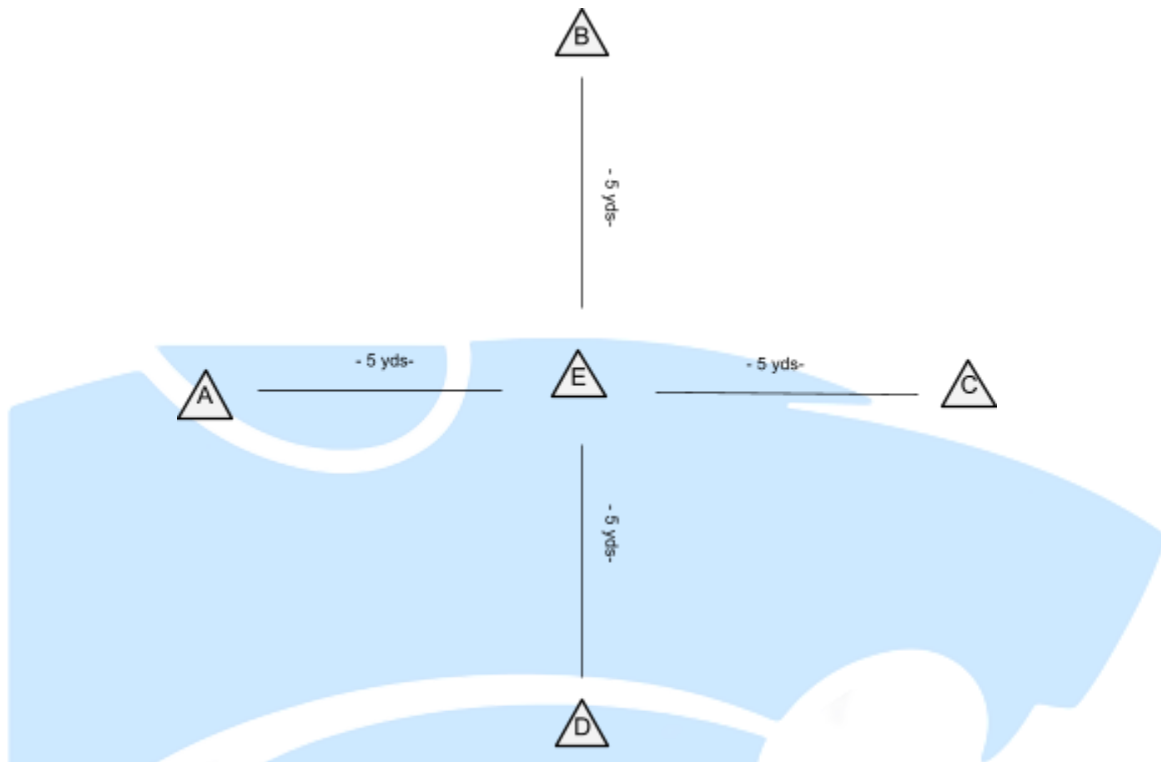
### T Drill

Instructions: Set up pro agility drill, but add a fourth cone in the center, 10 yards back. Start at D and sprint forward to cone B, turn and sprint to cone A, turn and sprint to cone C, turn and sprint back to cone B, finish by sprinting back to cone D.



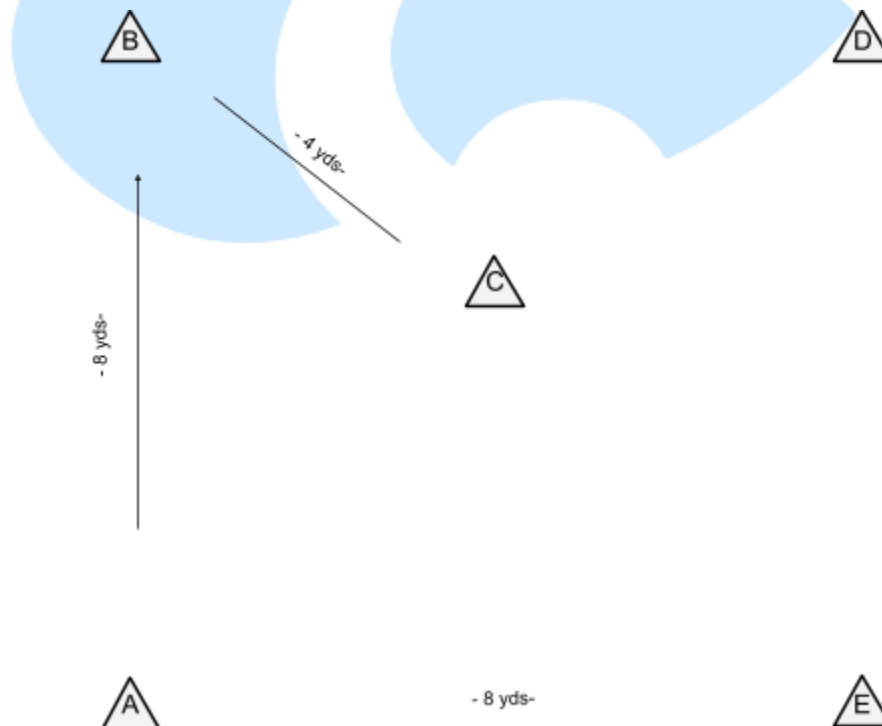
## Diamond or Cross Drill

Instructions: 5 yards between each cone. Start at middle cone E. Sprint forward to cone C, backpedal to cone E, turn and sprint to cone A, backpedal to cone E, turn and sprint to cone B, backpedal back to cone E, sprint to cone D, and finish by backpedaling back to cone E



## M Drill

Instructions: Cones set up in "M" formation. Start at A, sprint to cone B, turn and sprint to cone C, sprint to cone D, quick turn and sprint through cone E. Challenge: stay facing forward and shuffle.



## **Endurance Tests**

*Use to condition and/or measure progress over time*

### **Mile Run**

4 laps around a track and/or map out a mile around your neighborhood. Record times as you go. Attempt to get under 7:30.

### **Mile and a half run**

6 laps around a track and/or map out in your neighborhood. Record times as you go and attempt to improve over time

### **Stadiums**

The track is normally open throughout the summer. Stadiums provide strength and conditioning. You have three options (1) zig zag on one side: up, across, down, across, up, etc. (2) choose one set of stairs and alternate every step and every other step, alternating 5 rounds at a time. (3) zig zag up, across, down, across, up to the end, jog the track to the visitor side, zig zag.

### **PACER or Beep Test**

Set up cones 20 meters (or 21 yards apart)

Get the beep test audio (\*online: make sure it's for 20 meter)

Go as far as you can, record your progress over time.

<b>Level of Conditioning</b>	<b>Levels for Females</b>
Excellent	Over level 12
Very good	Level 10 to Level 12
Good	Level 8 to Level 10
Average	Level 6 to Level 8
Poor	Level 4 to Level 6

## **Stick Drills**

*Use to increase stick skills and comfortability with the ball.*

**Stick pulls:** In proper position, perform 1 yard (or one stick length) stick pulls (left to right; right to left) continuously. Make sure you give with the ball, try not to make noise and keep the ball under control. **Goal: 100 per day**

**V- Drill:** In a 6ft by 6ft space begin at the bottom of the “V”, move the ball up and to the left with **quick feet**, then back to the bottom of the “V”, then quickly up to the top right point, then back to the beginning. **Goal: work for 1 minute; rest for 45 seconds (repeat 3 times).**

**Air Dribble:** In a safe space, juggle the ball in the air on the flat, wide end of the stick. **Goal: 50 continuously**

**Pull, lift, and hold:** Similar to stick pulls, in the proper position, do a left pull, turn stick over, let ball roll up onto stick and hold for at least 2 seconds. Repeat. You can also alternate with a right pull, turn stick, let ball roll up onto flat side, hold for 2 seconds. **Goal: Both directions: 1 minute, 45 sec rest; left pull 1 minute, 45 sec rest; right pull 1 minute, 45 sec rest.**

**Skater Pulls:** Just like stick pulls, but as you pull to the left, balance on left foot, as you pull to the right, balance on right foot. Keep ball under control. **Goal: work for 1 minute; rest for 45 seconds (repeat 5 times).**

**Box Pulls:** Similar to stick pulls, but moving in a box. Move clockwise and counterclockwise. Keep ball on the stick, under control, move feet. Box should be 1 yd x 1 yd x 1 yd x 1 yd. **Goal: work for 1 minute; rest for 45 seconds (repeat 3 times in each direction).**

**Dribble to spin:** While in proper position, knees bent, moving at a challenging pace, perform weak side spin, around object- keep feet moving. **Goal: work for 1 minute; rest for 45 seconds (repeat 3 times in each direction).**

**Figure 8 Drill:** Set up 2 cones and/or objects (water bottles) 1 yd apart, move the ball in a figure 8 shape around the two objects. Can do this stationary with reverse stick OR make a bigger figure 8 and do it with feet moving around the objects. Clockwise and counterclockwise. **Goal: work for 1 minute; rest for 30 seconds, switch directions. Repeat 3 times.**

**M Drill, T Drill, Diamond/Cross Drill:** Can do all drills with a stick and ball. **Goal: time them and improve throughout the off- season.**