

Lady Eagles Field Hockey Summer Workout Plan 2020

Due to the COVID-19, we are not able to participate in any in person group workouts. It is very important that you use this time to condition, workout and practice your skills so you come prepared for the season. As soon as we receive directives that we can have workouts, they will be scheduled!

Please follow this workout plan and commit to it everyday!

Every workout should include:

5 minute warm up jog and stretching

5 minute cool down jog and stretching

Monday - Run

- 20 minute run
- Keep track of your distance. This distance should improve with time!

Tuesday - Field Hockey Skills and Work out

Choose 3 of the following skills:

- 50 air dribbles
- 100 pull drags from right to left (feet stationary)
- 25 practice flicks
- 25 practice push passes (into a walk or with a partner)
- 25 practice slaps (into a walk or with a partner)

Choose 2 of the following sprints (15-20 second rest time):

- * 4 X 50 yards
- * 5 X 25 yards
- * 5 X 20 yards
- * 10 X 10 yards
- * 4 X 100 yards

Wednesday - Workout

Choose one of the following workout plans: REPEAT 3x with 3 minute Rest between sets

Option 1:

* 60 jumps 2 footed forward/back over stick

* 60 jumps 2 footed side/side over stick

* Push ups: 30 secs/15 sec rest/ 2 sets

* Lunges: 30 secs each leg/15 sec rest/ 2 sets

25yds

* Burpees: 30 secs/ 15 sec rest/ 2 sets

Option 2:

* Push ups: 40 seconds/20 sec rest/ 3 sets

* Lunges: 40 secs/20 sec rest/ 3 sets

* Squat jumps: 40 sec/20 sec rest/ 3 sets

* Run in place: 2 minutes

Option 3:

* 30sec push ups- sprint 25yds

* 30 sec squats - sprint 25 yds

* 30 sec mountain climbers

* 30 sec crunches - sprint

* 30 sec burpees - sprint 25 yds

Thursday - Field Hockey Skills and Work out

Dribbling for 50 yard increments:

(Remember head up, stay low and stick angled in front of you)

- Speed Dribble (ball should not leave the stick)
- Relaxed dribble (ball can come off the stick but no more than 1 yard)
- Indian Dribble (1 yard pulls from left to right while moving forward)
- Dribble with dodges (using reverse stick and lift dodge)
 - Set up obstacles to dodge (use a book, bag, stick, etc.)

Workout:

- 30 seconds jump squats - Sprint 50 yds
- 30 seconds burpees - Sprint 50 yards
- 30 seconds mountain climbers - Sprint 25 yards
- 30 seconds crunches - Sprint 25 yards

Friday - Run and Stick Skills

1. Timed mile (record your weekly times)

2. Workout

- Push passes into wall or with partner
- Dodges with obstacles (reverse stick dodges and lift dodge. REMEMBER have control)
- Quick feet for 30 seconds - 2 burpees - Quick feet 30 seconds - 2 burpees/ for 3 minutes

****Join Remind
Group****

Enter this number:

81010

Text this message:

@coachshus

"There is a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you are committed to something, you accept no excuses; only results."

ANY QUESTIONS?? CONTACT COACH SHUSTER ON REMIND OR EMAIL: RSHUSTER@NASD.K12.PA.US