

Hello Field Hockey Players!

My name is Mrs. Kooker and I will be coaching the Middle School teams at West. If you are interested in playing this coming fall, please let me know by joining our Google Classroom <https://classroom.google.com/c/MzQwNjAzNTcwNzQ1?cjc=th2s5kl>

There will be a questionnaire posted soon on our Google Classroom.

Practice/Tryouts will begin the first day of school which is Monday, August 23, 2021. Expect to practice 3 to 5pm Monday through Friday unless school is not in session. Please bring water, a stick, two mouthguards, shin-guards and goggles each day. If you need equipment, please email me.

There will be five days for tryouts. Evaluations will be based on skills, teamwork, knowledge of game and fitness level. So once school is over this year, pick up your stick and start getting in shape. Fitness tests will include: 400m, 40 yard and an agility course with and without dribbling. Attached is a suggested workout program. This is voluntary but will help prepare you for the season.

Alternate Sprint and Body Weight Workouts so you do 3 of each per week. Rest on Sundays. Stretch 3 times daily.

June Sprint Workout

24 lateral jumps over a cone (or water bottle).
10 reps of 10 yard sprints with 30 seconds of rest in between
2 reps of 50 yard sprints with 60 seconds of rest in between
1 rep of 100 yard sprint

July Body Weight Workout

20 forward lunges
20 push ups (modified are fine)
50 crunches
40 Mountain Climbers

July Sprint Workout

*8 reps of 20 yard sprints with 40 seconds
of rest in between
*5 reps: Jog 10 yards, sprint 20 yards and
break down your steps to a quick stop

July Body Weight Workout

*25 air squats
*2 sets of 60 second planks
*20 reps: Upside-down toe touches (Lie on back, with one
leg perpendicular to floor, with both hands touch
toes. Then switch legs.
*20 sprinter squats per leg

August Sprint Workout

10 reps of 40 yard sprints with 60 seconds of rest in between
5 reps: 15 yard shuttle run with cones at the 5, 10 and 15 yard
mark. Rest 60 seconds in between.

August Body Weight Workout

*Same as July