

COSBY HIGH SCHOOL FIELD HOCKEY

SUMMER CONDITIONING PROGRAM INFORMATION FOR ALL HOCKEY PLAYERS!!!

Please do not be intimidated by the number of pages you are about to read.

You will see the following pages:

1. The actual “Conditioning Sheets” #1 and #2 which tell you what you should be doing week by week. Print out all information so you may keep and record your workouts.
2. A description of the exercises listed on the “conditioning sheets”, an explanation of what is meant by “intervals” and a description of how to perform the important wrist exercises.

It is extremely important that you complete the conditioning program as prescribed in these handouts. Field Hockey requires a great deal of conditioning as well as strength and finesse. It is very important that you do a lot of stretching before and after your workouts to help you maintain good flexibility so lessen your chances for injury. Abdominal exercises will help you to have a strong center of gravity and the wrist exercises will help you handle the hockey stick

The conditioning workout will have the following parts:

- Jogging for 3-5 minutes (to get your blood flowing to your muscles)
- Stretching
- Strength Conditioning
- Wrist and Abdominal Exercises
- Cardio Conditioning
- Cool Down Stretching

On your “Conditioning Sheets” #1 and #2, you are to record DATES that you complete each of the workouts. Be honest! If you record that you did workouts that you did NOT do, it WILL reflect on your performance during tryouts. It is always obvious!

Regarding the running:

There are many ways to improve your cardiovascular fitness: running for longer periods of time on a flat surface; running up and down hills; and running at different speeds for different amounts of time (intervals). Please do not let a vacation interfere with your opportunity to continue your conditioning. Running on the sand is definitely a great way to improve your running endurance! All you need is discipline to not let ANY excuses get in the way of your conditioning goals.

So get a workout buddy (even a relative?) and have fun!!! Good Luck!!!!

Please note:

Always make sure you stay well hydrated before, during, and after your workouts By drinking plenty of fluids!! This is essential for safe conditioning...especially during the hot summer!

INTERVALS

Explanation:

On a fairly flat surface, you will **SPRINT** as hard as you possibly can (whether it is 200 yards or ¼ mile) *until you are not able to continue*. Then you will stop and walk for approximately 30 seconds until you've recovered: **then you sprint again**. You be finished when you have combined sprinting and walking for the total number of minutes required in the workout. **THIS IS TRUE FIELD HOCKEY CONDITIONING!!!!**

WRIST EXERCISES

Do ALL of these on your workout days. They WILL pay off!

1. Make a wrist exerciser by taking a dowel rod, old hockey stick, old broomstick, or something similar. Tie a sturdy rope that is about 3-4 feet long to the middle of it. On the other end of the rope, tie something heavy to it like a brick or a 5lb weight. Holding the stick out in front of you with both hands, roll the rope around the stick (with the weight) all the way up and then slowly roll it all the way down (don't let it just unroll!). Start off doing these 5 full times and gradually work up to doing it 12 times or more by the end of the summer.
2. Hold your hockey stick straight out in front of you with one hand holding the end. Point the stick straight up (so that the toe of the stick faces the sky), then to the right, then to the left, and then back to the straight up position. Repeat the sequence until you cannot do any more. Go slowly. Then switch hands and repeat the same sequence.
3. Hold your hockey stick out to the side (parallel to the ground) with only one hand at the top of the stick. Hold this position for 30 seconds, rest, and then repeat 2 more times. Switch hands. Gradually increase your holding time during the summer.
4. Squeeze a tennis ball 50 times, rest, and then repeat twice more. As weeks pass, try to increase your number of repetitions.

HOCKEY CONDITIONING SHEET #1

NAME _____

Strength Conditioning: Refer to handout for description

Phase #1: 12-15 Pushups, 12-15 Forward Lunges, Pushup Walk for 15-20 yards, 20 Hook Lying Bent Leg Lifts

Do 3 full sets of each exercise; rest 1-2 minutes and then go to Phase #2

Phase #2: 20 Supermans, 20 Oblique Crunches, 12-15 Supine Hip Raises (1 leg), 12-15 Tricep Dips

Do 3 full sets of each exercise; rest 1-2 minutes and then go to Phase #3

Phase #3 20 yards Lateral Shuffle, 20 two-foot Ankle Hop, 20 Power Skips (10 each leg), High Knee Carioca for 20 yards

Do 3 full sets of each exercise; rest 1-2 minutes and then go to Phase #4

Phase #4 10 Single Leg Lateral Jumps (each leg), 20 yards of bounding

Do 3 full sets of each exercise and then go to Phase #5

Phase #5 3 sets of 25 crunches (rest 1 minute between each set), 3 sets of 25 wrist exercises (see handout for description)

Cardio: See Each Week!!!

FYI: "Shuttle Runs" = running a distance of 20 yards, touching the ground, and running back and then repeating (down and back is one).

"Sideline-to-sideline Sprints" = running the same as the shuttle run except the distance is longer – about 50-60 yards –roughly the equivalent of the width of the field.

WEEK:	Strength Requirements	Cardio Requirements	Dates Completed Required Workout
Week #1 June 22-27	Do all Phases of the workout A least 2 times	a. Five 30 yd. Sprints b. Five shuttle run w/ 30 sec. rest in between c. Run continuously for 15 minutes (flat surface)	
Week #2 June 29- July 3 Off Saturday & Sunday	Do all Phases of the workout A least 2 times	a. Five 30 yd. Sprints b. Five shuttle runs w/ 30 sec. rest in between c. Run continuously for 15 minutes d. Jump rope for 3 minutes	
Week #3 July 6-11 Off Sunday	Do all Phases of the workout A least 2 times	a. Five 30 yard sprints b. Five sideline sprints w/ 45 sec. rest in between c. Run continuously for 20 minutes (add hills if possible)	
Week #4 July 13-18 Off Sunday	Do all Phases of the workout A least 2 times	a. Five 30 yard sprints b. Five shuttle runs w/ 30 sec. rest in between c. Run continuously for 20 minutes d. Jump rope for 5 minutes	

Bring your completed conditioning workout and current physical form with you Aug 10th!!!

HOCKEY CONDITIONING SHEET #2

NAME _____

During these last 3 weeks, you need to be increasing the distance you cover on the long continuous runs. Do not train to go slow! You will have a 2 mile timed run during the first week of tryouts.

You need to be ready!!

Strength Conditioning: Refer to handout for description

Phase #1: 12-15 Pushups, 12-15 Forward Lunges, Pushup Walk for 15-20 yards, 20 Hook Lying Bent Leg Lifts

Do 3 full sets of each exercise; rest 1-2 minutes and then go to Phase #2

Phase #2: 20 Supermans, 20 Oblique Crunches, 12-15 Supine Hip Raises (1 leg), 12-15 Tricep Dips

Do 3 full sets of each exercise; rest 1-2 minutes and then go to Phase #3

Phase #3: 20 yards Lateral Shuffle, 20 two-foot Ankle Hop, 20 Power Skips (10 each leg), High Knee Carioca for 20 yards

Do 3 full sets of each exercise; rest 1-2 minutes and then go to Phase #4

Phase #4: 10 Single Leg Lateral Jumps (each leg), 20 yards of bounding

Do 3 full sets of each exercise and then go to Phase #5

Phase #5: 3 sets of 25 crunches (rest 1 minute between each set), 3 sets of 25 wrist exercises (see handout for description)

Cardio: See Each Week!!!

FYI: "Shuttle Runs" = running a distance of 20 yards, touching the ground, and running back and then repeating (down and back is one).

"Sideline-to-sideline Sprints" = running the same as the shuttle run except the distance is longer – about 50-60 yards –roughly the equivalent of the width of the field.

WEEK:	Strength Requirements	Cardio Requirements	Dates Completed Required Workout
Week #5 July 20-25 Off Sunday	Do all Phases of the workout A least 2 times	a. Five 30 yd. Sprints b. Five shuttle run w/ 30 sec. rest in between c. Run continuously for 25 minutes (with hills)	
Week #6 July 27- Aug 1 Off Sunday	Do all Phases of the workout A least 2 times	a. Five 30 yd. Sprints b. Five shuttle runs w/ 30 sec. rest in between c. Run continuously for 15 minutes d. 10 minute interval run	
Week #7 Aug 3-7 Aug 8 Off Sunday	Do all Phases of the workout A least 2 times	a. Five 30 yard sprints b. Five sideline sprints w/ 45 sec. rest in between c. Run continuously for 20 minutes d. 12 minute interval run <p style="text-align: center;">20 min Run Only</p>	
Week #8 Aug 10	<p>TRYOUTS!!!! 7:00am-9:00am</p>	<p>TRYOUTS!!!</p>	

Bring you're your completed conditioning workout and your physical to tryouts on August 10th!!!!

Exercise Descriptions

Push-ups

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on the floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Prone Back Extension (Supermans)

1. Start position: Lie face down on the floor with hands at sides. You may place a rolled towel under forehead to clear face from the floor.
2. Raise chest and head off floor keeping feet in contact with floor.
3. Return to start position.
4. To increase resistance, extend arms and place hands overhead.
5. Do not raise head past 8-12 inches – excessive hypertension may cause injury.

Bilateral Hook-lying Bent Leg Lift

1. Lie back on floor or bench with knees bent, feet flat, and hands at sides.
2. Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing navel in towards spine). Lower back should be in a neutral position.
3. Keeping knees bent, slowly raise feet 8-12 inches from floor while maintaining lower back position.
4. Lower legs and repeat.
5. Remember to maintain stability in lower back throughout movement by keeping abdominal muscles contracted- DO NOT ARCH LOWER BACK.

Oblique Crunch

1. Lie with back on floor or bench with knees bent.
2. Start position: Place right ankle on left knee. Position left arm out to side and place right hand behind head. Right elbow should be pulled back and out of sight.
3. Leading with the chin, and right shoulder, contract abdominal muscles and raise right shoulder off floor or bench towards left knee.
4. Return to start position.
5. Remember to keep head and neck in neutral position throughout movement. Do not twist excessively-elbow does not need to touch knee.

Forward Lunge

1. Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
2. Step forward 2-3 feet and lower body forming a 90 degree bend at the front of hip and knee. DO NOT allow front knee to extend past the big toe-may cause injury.
3. Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
4. Remember to keep head back and back upright in a neutral position. Shoulders and hips should remain squared at all times.
5. Watch for proper knee alignment-do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Supine Hip Raise-single leg

1. Start position: Assume back lying position on floor with knees bent and feet flat on floor. Raise and extend one leg off floor so that thigh is parallel to opposite thigh. Hands are to be placed by sides with palms down.
2. Raise hips off floor by pressing foot into floor.
3. Return to start position.
4. To increase intensity, raise and extend arms above chest and /or raise toes off floor so that only the heels are in contact with the floor.

Tricep dips-stair steps

1. Sit upright on bottom second to last step of staircase. Place hands hip width apart with fingers pointing forward. Place feet flat on floor with knees bent.
2. Start position: Slide hips off step with elbows slightly bent.
3. Lower body by bending at elbows until hips are approximately 1 inch from first step.
4. Return to start position.
5. Remember to keep head and back straight in neutral position. Elbows should remain close and facing backward and shoulders stabilized and not “shrugged”

Lateral Shuffle

1. Stand with feet wider than hip-width apart. Hands and arms should be in a ready position.
2. Shuffle to desired direction (left or right) using a feet together – feet apart motion for approximately 15-20 feet. Keep hips and shoulders squared throughout movement.
3. Repeat in opposite direction according to prescribed repetitions.

Two-foot Ankle Hop

1. Stand with feet shoulder-width apart and knees slightly bent. Arms should be at sides and bent 90 degrees.
2. Hop continuously on both feet using only the ankles to project body up.
3. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).

Power Skip

1. Hold arms out in front of you at shoulder height.
2. Skip forward raising the lead knee to the chest attempting to touch foot with hands. Repeat motion for other leg for prescribed distance

High Knee Carioca (Grapevine)

1. Stand with feet hip-width apart
2. Start by performing movement slowly and progress speed: Pick up right foot and raise the knee to the chest as you cross over the left foot. Take the next step over with the left foot and repeat the crossover step.
3. Keep the shoulders squared throughout movement to focus on trunk rotation.

Single-leg Lateral Jump

1. Stand on right foot with left foot behind body.
2. Push off right foot sideways to the right and land on same foot.
3. Repeat this lateral movement according to prescribed repetitions or distance.
4. After recommended repetitions, repeat with other leg.

Alternating Bounding with Double Arm Action

1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the leg forward. At same time drive both arms forward.
3. Repeat with other leg and arm.
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.