

STOGA FIELD HOCKEY 2021

Summer packet and Journal

Dear Conestoga Field Hockey player,

This workout packet has been created to prepare you for preseason and tryouts. It is up to **you** to challenge yourself and come in great hockey shape and ready for hard practices in HOT weather. **PRESEASON STARTS AUGUST 16th**, so we have seven weeks to prepare

THE KEY IS TO CHALLENGE YOURSELF!!!

We want to be sure our team comes to preseason in shape in **three** ways.

Physically: One of the absolute essential components of a successful team is having a strong cardio and strength base (strong muscles and heart)! We need to have stamina to succeed. The key to any strength & conditioning program is **YOU**. No matter how skilled our program may be, we will fall far short of our goals if **YOU** don't actually do the workouts and develop good fitness habits. The program is designed with a gradual increase in intensity.

Our program uses timed distance runs as a gauge for individual and team fitness levels. We will run the timed mile **on the first day of tryouts**.

As a gauge, layers looking to make the Varsity/JVA players should work toward achieving a **7 minute (or under)** mile time. If you are not quite there, it's ok! The important thing is you are working toward this.

In addition to the mile run we will run timed 100's and a plank test.

Mentally: Attempt at least one mindfulness/meditation per week. There are so many resources for meditation. Yoga is also a great way to combine both mental work and body work. 10 minutes of meditation per week will help begin to prepare you for mindful breathing, something we will incorporate into practice this year! We want to be both physically and mentally stronger than our opponents. Athletics are full of so many uncertainties and adversity, a strong mind is a must.

Technical/Tactical: A rusty stick is obvious on day 1, so very small chunks of play most days is waaaay better than waiting until August. We will be doing a number of high

intensity stick work drills, both individually and in small groups/flow drills. Going to the beach? Bring your stick. Pick up your stick and do pulls. Help your parents organize your garage and claim a bit for yourself. **JUST GO PLAY.** Below are a bunch of clips and links to ensure you're practicing good habits, but we've included 4 times a week to simply put in 15 minutes of play. That is the minimum, of course you can do more.

Also VERY important!

Nutrition: Focus on what you put into your body each day. Make sure you eat a balanced diet that will allow you to workout to your fullest. It is **extremely important to hydrate before, during and after a workout.** Listen to your body and give it the proper rest and hydration it needs to be successful!

PLEASE REMEMBER TO STRETCH AND COOL DOWN BEFORE/AFTER EACH WORKOUT

If you have any questions, you can always email me: reganteti@gmail.com

Have a great summer and keep working hard!

-Coach Regan

PS- WATER IS YOUR BEST FRIEND FOREVER.

Outline of Program

The program is designed to gradually increase the number of workouts you do per week. ****PLEASE NOTE**** If you are already doing more than what is expected for each week, or if you need to increase/decrease the number of minutes in an exercise, just indicate it in your journal.

Week 1: June 28-July 4 = 4 days

Week 2: July 5-11 = 4 days

Week 3: July 12- July 18 = 5 days

Week 4: July 19- July 25 = 5 days

Week 5: July 26- Aug 1= 5 days

Week 6: Aug 2- Aug 8 = 6 days

Week 7: Aug 9- August 15 = 6 days

August 16= Preseason!

Conditioning Overview

Going on a leisurely 30 minute 3 mile run may sound like you are doing something, but unless you turn the run into an interval training (jog/sprint/jog/sprint) it will not make you any stronger or faster. The goal is to simulate game endurance, with little bursts of high intensity speed.

Some examples of acceptable trainings:

30 minute Interval Run

5 minutes jog to start

30 sec sprint, 1 min jog (repeat 6 times)

5 minute jog

30 sec sprint, 1 minute jog (repeat 6 times)

Jog 5 minutes

Interval Mile+ (Track workout)

Sprint the 100 meter straightaways, and jog the 100 meter curves. Repeat between 6-8 times.

40-Minute Pulse Run:

This is a long run with "pulses" or short sprints to get your heart rate up. Push yourself and do pulses (every 2-3 minutes sprint or run hard for 20-30 seconds) -End Slow - your last 3-5 minutes should be nice and slow.

100's

You have 1 minute to run 200 yards.

Sprint to the opposite end of a 100 yard field in 16-17 seconds

Turn around and jog back at a healthy pace, before the next minute begins

*we will be doing this test during tryouts

Track Run:

400 meter (1 lap) SPRINT

90 second rest

(do this between 4-8 times)

Other acceptable forms of endurance exercises:

-Interval Bike Ride (must include inclines!

-Spin Class

-Boot Camp/HIIT type class/CrossFit

-Swim Class (interval speeds)

**Yoga carries so many benefits. If you are taking a power vinyasa class, pls attempt to supplement with a run.

*****BE CREATIVE!!*****

Come up with your own workout! Give it a name.

Must be at least 30 minutes in length.

Heart rate must rise and fall.

TOTAL BODY WORKOUTS:

There are many resources on the internet to find a great 30 minute total body workout.

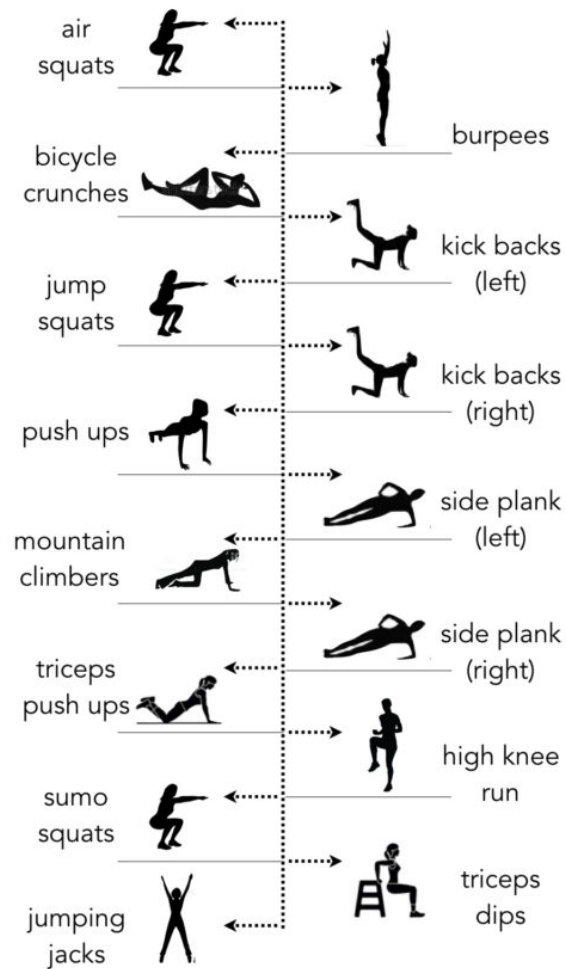
On the next page is one example. These workouts are excellent for your fitness, and should be done IN CONJUNCTION with the Running/conditioning workouts. The body workouts should not account for any more than 1/3rd of your training. In other words, don't only do the total body workouts all week without getting runs in also.

Also, I know we have athletes playing other sports- that's great! Write those trainings in your journal!

the **FOUR PERCENT**

30-minute full body workout

Complete one minute of each exercise before moving on to the next with minimal recovery. Repeat twice for a total of thirty minutes.



Mind Work

Below are some links to help you on your journey to increased mental health. Try to devote at least 10 minutes per week(to start) on this practice.

-Headspace on Netflix: A new interactive experience

<https://www.headspace.com/netflix>

- Calm App- offers many helpful meditation practices. Try it for free!
- Youtube has many guided meditations. See if any resonate with you and subscribe to the channel!
- Mindful.com-guided mediations

<https://www.mindful.org/category/meditation/guided-meditation/>

Very simple instructions for completing the packet:

1. Decorate the cover page of the journal.
2. Print out at least the journal part- (**it's pages 8-15 if you want to save some paper**)
3. Do the workouts/trainings and write in the packet- try your best to keep track! I recommend filling in at least weekly.
4. Don't forget to write the date you did stick skills, plank test, mile times, mindfulness work, and active recovery days :)
5. Hand in the ***ONLY THE JOURNAL PART*** part of the packet on August 16th. Yes- I will be collecting them from **EVERY PLAYER**. If you are trying out for JVB when school starts, you do not have to hand in a packet (although it is recommended that you keep up with the workouts!)

Stick skills should be done at a minimum of 4-5 days per week. This is up to you to get it done. Below is a very comprehensive list of stick skills drills and techniques.



CONESTOGA FIELD HOCKEY SUMMER TRAINING PACKET

NAME:

GRADE:

Week One: 3-4 days of training (one mile time)

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

4-5 Stick Sessions (write what you did and the date)

1. 2.
3. 4.

Mile Time: _____

MY ACTIVE RECOVERY DAY WAS:

PLANK TEST: HOW MANY SECONDS CAN YOU HOLD IN PLANK BEFORE FALLING?

Mindfulness practice this week:

On a scale from 1-10, how do you feel?

Week Two: 4 days of training **MUST include a mile time**

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

4-5 Stick Sessions (write what you did and the date)

- | | | |
|----|----|----|
| 1. | 2. | 3. |
| 3. | 4. | |

Mile Time:

Please list any additional workouts for the week:

MY ACTIVE RECOVERY DAY WAS:

PLANK TEST:

Mindfulness practice this week:

Week Three: 5 days of training (one mile time)

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

4-5 Stick Sessions (write what you did and the date)

1.

2.

3.

4.

5.

Mile Time:

Please list any additional workouts for the week:

MY ACTIVE RECOVERY DAY WAS:

PLANK TEST:

On a scale of 1-10, How do you feel?

Mindfulness practice this week:

Week Four : 5 days of training

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

Day 5- What I did today:

How I felt after:

4-5 Stick sessions

1.

2.

3.

4.

5.

Please list any additional workouts for the week:

MY ACTIVE RECOVERY DAY WAS:

PLANK TEST:

On a scale of 1-10, How do you feel?

Mindfulness practice this week:

Week Five: 5 or 6 days of training

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

Day 5- What I did today:

How I felt after:

Day 6(optional)- What I did today:

How I felt after:

4-5 Stick Sessions

1.

2.

3.

4.

5.

Mile Time:

MY ACTIVE RECOVERY DAY WAS:

PLANK TEST:

Mindfulness practice this week:

On a scale of 1-10, How do you feel?

Week Six: 6 days of training

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

Day 5- What I did today:

How I felt after:

Day 6- What I did today:

How I felt after:

4-5 Stick Sessions (

1.

2.

3.

4.

5.

MY ACTIVE RECOVERY DAY WAS:

PLANK TEST:

Mindfulness practice this week:

On a scale of 1-10, How do you feel?

Week Seven: 6 days of training ****include mile time****

Day 1- What I did today:

How I felt after:

Day 2- What I did today:

How I felt after:

Day 3- What I did today:

How I felt after:

Day 4- What I did today:

How I felt after:

Day 5- What I did today:

How I felt after:

Day 6- What I did today:

How I felt after:

4-5 Stick Sessions (write what you did and the date)

- | | | |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | |

MY ACTIVE RECOVERY DAY WAS:

On a scale of 1-10, How do you feel?

Mile time:

Mindfulness practice this week:

ARE YOU READY FOR PRESEASON?? LET'S GO STOGA!!