

## Bishop Shanahan Field Hockey

### ~ Training Tips/Ideas/Recommendations ~

- Train 4 or 5 days a week
- Do each area of training about 3 times a week (arms, abs, general, sprints, distance, agility, and stick work)
- Remember to warm-up and stretch (plyometrics are best)
- Eat Nutritiously
- Hydrate (water best)
- Work out the whole body
- Work on stick skills
- Start slow and build up
- Arm exercises ideas
  - ◆ Push – ups (many styles)
  - ◆ Triceps Dips
  - ◆ Weight Lifting
  - ◆ Exercise bands
- Abdominal exercise ideas
  - ◆ Sit Ups (many styles)
  - ◆ V sit
  - ◆ Plank
  - ◆ 6 inches
- General Fitness
  - ◆ Burpees
  - ◆ Jump Rope
  - ◆ Jumping Jacks
  - ◆ Flares

- Sprint workouts ideas
  - ◆ Interval training (alternate jog/run/sprint) for 10-15 mins or so
  - ◆ Run 4-400 or 8-200 with 1 min break between
  - ◆ Suicide – 3 or 4 full field
  - ◆ Group runs like Indian run
- Long distance runs (3+ miles approx. 10 mins/mile)
- Agility workout ideas
  - ◆ Ladders
  - ◆ Quick Feet
  - ◆ M Drill (sprint around cones in M shape)
  - ◆ Square Drill (sprint/side shuffle/back pedal)
- Stickwork ideas
  - ◆ Indian Dribble
  - ◆ Dribble around cones
  - ◆ Up to cone – with elimination move (pulls, spins, lifts, etc)
  - ◆ Jab balls off small cone
  - ◆ Pull ball off small cone with reverse stick
  - ◆ Air Dribble
  - ◆ Goalies – do above with kicks...

Work out information is not collected– it's for your benefit.....

But you will be much happier on Aug 13<sup>th</sup> if you have been working out!!