

PCEP Field Hockey

2022 Recommended
Summer Conditioning



It is important that each player comes into the season, mentally and physically prepared. To be successful as a team, every student-athlete needs to come with a strong and conditioned body, ready to work hard, and ready to work together. These components combined with dedication, teamwork, integrity, and sportsmanship will allow us to be successful.

We have provided a conditioning schedule to prepare you for the season. It is important that you properly prepare your body for the season over the summer. Be sure to run, exercise, as well as play field hockey, before the start of preseason. Eating healthy food and living a healthy lifestyle, will also contribute to a strong, healthy body.

Every Wednesday, starting July 14th, from 9:00-11:00, there will be an optional coaches conditioning. During this time, Coach Emily and Coach Meagan, will lead agility and stick skill training. Every Tuesday and Thursday, optional athlete lead conditioning will be held from 9-11.

On **Wednesday, August 10th** our fitness test will be one of the following:

1. 12 X 100 yards. You will sprint 100 yards in 20 seconds or less, recovery jog back to start in 40 seconds, repeat 11 times. Goal is 12:00 minutes.
2. 300 yard shuttle run X 4. Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest 1:00 between each shuttle. Repeat 4 times.

We are very enthusiastic about the upcoming season for the PCEP field hockey team. If you have any questions please do not hesitate to call or email us throughout the summer!

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8 week cardio workout days 1-2-4-5-6 (day 3 and 7 are rest days)

Week 1

Day 1: Run 10 minutes, walk 1 minute, repeat 3 times then power walk 3 minutes. (36 minute cardio workout total)

Day 2 and 4: SPRINTS -ARE AT FULL SPEED with a REST Period of 20-30 seconds in between each - CHOOSE 1 from each column for a total of 3 sets:

1	2	3
4 X 50 yards	5 X 25 yards	5 X 20 yards
4 X 100 yards	5 X 30 yards	15 X 5 yards
5 X 75 yards	8 X 16 yards	10 X 10 yards

Day 5: Bike, swim, rollerblade, elliptical, cardio salsa, zumba (45-60 minutes)

Day 6: Distance run, choose 1:

1. Timed Mile (log the time)
2. 40-60 minute run (log the time and the distance)

Weeks 2-8

Day 1 each week: Run 3 minutes, sprint 1 minute (Repeat 9 times), power walk 3 minutes to cool down

Day 2 and 4 each week: SPRINTS -ARE AT FULL SPEED with a REST Period of 20-30 seconds in between each - CHOOSE 1 from each column for a total of 3 sets:

1	2	3
4 X 50 yards	5 X 25 yards	5 X 20 yards
4 X 100 yards	5 X 30 yards	15 X 5 yards
5 X 75 yards	8 X 16 yards	10 X 10 yards

Day 5 each week: Bike, swim, rollerblade, elliptical, cardio salsa, zumba (45-60 minutes)

Day 6 each week: Distance run, choose 1:

1. Timed Mile (log the time)
2. 40-60 minute run (with sprints between mailboxes), Log the time and distance

8 week training workout days 1-2-4-5-6 (day 3 and 7 are rest days)

	Plyometrics	Stick Skills	Core Strengthening	Arms	Foot work
Day 1		<p>*Speed Dribble (<i>ball should not leave the stick</i>) *Relaxed dribble (<i>ball can come of the stick but no more than 1 yard</i>) *Indian Dribble (<i>1 yard pulls from left to right while moving forward</i>) *Dribble with Lift dodges (<i>count how many you can get in a row</i>)</p> <p>50 Yard increments (Repeat 5 times)</p>		<p>*Biceps Curls (w/5-12 lb weights) *Triceps Curls (w/ 5-12 lb weights) *Push-ups *Reverse Dips(use chair, bench, couch, step) *Curl with press (begin with weights at side, bicep curl up to shoulders with palms facing in and then switch to palms out at shoulder and press hands w/weights about head to sky, come down slowly to shoulder turn palms in and lower to starting position) *Press (laying on back press weights to ceiling and lower slowly)</p> <p>12-15 reps each (Repeat 2 times)</p>	<p>*25 jumping jacks *25 jumps front to back over stick *25 jumps side to side over stick *25 high knees *Ladders 2 minutes (use sticks, towels, string, tape => mark 12" long make sure 1 foot apart & at least 25 lines)</p> <p>(Repeat 2 times)</p>
Day 2	<p>*soldier kicks *elephant walk *worms *spiderman's *forward lunges *backward lunges *side lunges *high knees *butt kicks *basketball shuffle right *basketball shuffle left *karaoke right *karaoke left</p> <p>25 yard increments</p>	<p>*50 air dribbles *100 pull drags from right to left (<i>feet stationary</i>) *25 practice drives *25 practice flicks *25 practice push passes *25 practice slaps *25 practice scoops</p>	<p>*50 crunches *1 minute plank *40 bicycle crunches *20 leg lifts *50 Russian twists *10 burpees *30 second right side plank *30 second left side plank</p> <p>(Repeat 3 times)</p>		

	Plyometrics	Stick Skills	Core Strengthening	Arms	Foot work
Day 4	*soldier kicks *elephant walk *worms *spiderman's *Forward lunges *backward lunges *side lunges *high knees *butt kicks *basketball shuffle right *basketball shuffle left *karaoke right *karaoke left 25 yard increments	*Speed Dribble (<i>ball should not leave the stick</i>) *Relaxed dribble (<i>ball can come of the stick but no more than 1 yard</i>) *Indian Dribble (<i>1 yard pulls from left to right while moving forward</i>) *Dribble with Lift dodges (<i>count how many you can get in a row</i>) 50 Yard increments (Repeat 5 times)	*50 crunches *1 minute plank *40 bicycle crunches *20 leg lifts *50 Russian twists *10 burpees *30 second right side plank *30 second left side plank (Repeat 3 times)		
Day 5		*50 air dribbles *100 pull drags from right to left (<i>feet stationary</i>) *25 practice drives *25 practice flicks *25 practice push passes *25 practice slaps *25 practice scoops		*Biceps Curls (w/5-12 lb weights) *Triceps Curls (w/ 5-12 lb weights) *Push-ups *Reverse Dips(use chair, bench, couch, step *Curl with press (begin with weights at side, bicep curl up to shoulders with palms facing in and then switch to palms out at shoulder and press hands w/weights about head to sky, come down slowly to shoulder turn palms in and lower to starting position) *Press (laying on back press weights to ceiling and lower slowly) 12-15 reps each (Repeat 2 times)	*25 jumping jacks *25 jumps front to back over stick *25 jumps side to side over stick *25 high knees *Ladders 2 minutes (use sticks, towels, string, tape => mark 12" long make sure 1 foot apart & at least 25 lines) (Repeat 2 times)

	Plyometrics	Stick Skills	Core Strengthening	Arms	Foot work
Day 6	*soldier kicks *elephant walk *worms *spiderman's *forward lunges *backward lunges *side lunges *high knees *butt kicks *basketball shuffle right *basketball shuffle left *karaoke right *karaoke left 25 yard increments	*Speed Dribble with dodges (right, left, spin, popover) (you can use water bottles, shirts, or sticks as cones) *Reverse drag *Reverse sweep hits (10 in a row, make sure knuckles are on the ground and you get low) *Forward sweep hits (10 in a row, make sure knuckles are on the ground and you get low) *Indian Dribble (50 yards) 50 yards for each (Repeat 2 times)	*50 crunches *1 minute plank *40 bicycle crunches *20 leg lifts *50 Russian twists *10 burpees *30 second right side plank *30 second left side plank (Repeat 3 times)		

Power Leg Workout Challenge

1 day a week take the power leg workout challenge

Do as many as you can with the end goal to complete this whole workout at once with 2 reps by week 8.

You pick the day!

- 100 squats
- 90 walking lunges
- 80 mountain climbers
- 70 sumo squats
- 60 calf raises
- 50 glute bridge raises
- 40 curtsy squats
- 30 bench step-ups
- 20 squats jumps
- 10 Burpees

Repeat 2 times

AGILITIES: HAVE FUN WITH THESE! Add a STICK AND A BALL to ANY agility pattern to work on your ball control skills - STAY LOW. Pick 2 days to do this on. Remember you can mix it up, this is just a guideline and suggestions.

Line Drills - 10 Yards

1. Start by sprinting from line A to line B at full speed.
2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish line).
3. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

Off Set Weave - Zig Zag Pattern with cone every 5 yards for a total of 15 yards

1. Start by sprinting to the first cone.
2. With a quick change of direction, begin backpedaling to the next cone (and repeat).
3. Concentrate on accelerating out of the corners.

Z-Drill - Make the letter Z in a 5 yard by 5 yard pattern

1. Start by sprinting to the first cone at full speed.
2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.
3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.
4. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

M Drill - Make the letter M in an 8 by 8 yard pattern

1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.
2. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

Figure 8 Drill - Make a Figure 8 in a 5 yard pattern

1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle a through a figure 8 pattern.

Pro-Agility Drill - Total is 10 yards, with the midline in the middle at the 5 yard mark

1. Start by straddling the midline.
2. Sprint hard to one side then all the way back to the far side and then finish by sprinting back to the middle. Touch each line as you cross.

Place a ★ on days you complete the power leg challenge (1 day/week).

Place a 😊 on days you complete agilities (2 days/week).

June						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 WEEK 1	20	21	22	23	24	25
26 WEEK 2	27	28	29	30		

July						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 2					1	2
3 WEEK 3	4	5	6	7	8	9
10 WEEK 4	11	12 Optional Conditioning Begins	13 Optional Conditioning	14 Optional Conditioning	15	16
17 WEEK 5	18	19 Optional Conditioning	20 Optional Conditioning	21 Optional Conditioning	22	23
24 WEEK 6	25	26 Optional Conditioning	27 Optional Conditioning	28 Optional Conditioning	29	30
31 WEEK 7						

August						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 7	1	2 Optional Conditioning	3 Optional Conditioning	4 Optional Conditioning	5	6
7 WEEK 8	8 AM Practice begins	9 AM Practice	10 TRYOUTS *Fitness test	11 TRYOUTS	12	13
14	15 AM Practice	16 AM Practice	17 AM Practice	18 AM Practice	19	20
21	22 AM Practice	23 Away vs. Brighton @ Scranton JV 5:30, V 7	24 AM Practice	25 AM Practice	26 Away vs. Hartland JV 5pm & V 6:30pm	27
28	29 PM Practice	30 PM Practice	31 Away vs. Dearborn JV 5:30 & V 7pm			

Name: _____

Grade: _____

	Timed Distance Run (log time/distance)	Power Leg Workout Challenge (log how far you got through the challenge)	What was your greatest strength this week? What would you like to improve upon next week?
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			