

## FIELD HOCKEY HOMEWORK

“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion, when no one else is watching” (Anson Dorrance , UNC Coach)

**Equipment needed:**

FH stick	1 golf ball	Jump rope	6 cones
2 Paper plates	1 oversized ball	3 FH balls	

### SKILL WORK Mon-Fri (5 days)

Minutes	Activity	Exercise
6	<b>Jump Rope</b>	
16	<b>Stickhandle/Shoot</b>	F/B, S2S, 8's, Hi/Lo, Hit, Reverse, Flick, Golf ball, etc
6	<b>Sticktricks</b>	Lifts, Sweeps, Twirls, Rolls, Walks, Squeeze – 15 sec ON, 15 sec OFF
<b>28 total</b>		

followed by:

### SPEED/STRENGTH Mon-Wed-Fri (3 days)

Minutes	Activity	Exercise
4	<b>Core Work</b>	Bicycles, Planks, Crunches, Bridges
4	<b>Agilities/Dynamics</b>	Hi Knees, Shuffle, Carioca, Inchworm, Windmills, Quads Stretch, Butt Kicks, Stops, Backwards, Leg Swings, etc
4	<b>Speed</b>	Speed Step, Step Tap, Up/downs, Mountain climbers- 15 sec ON, 15 sec OFF
4	<b>Upper Body</b>	Push-ups, Chin-ups, Dips
4	<b>Plyometrics</b>	Jumpies, Gunter Hops, Skaters, Hop-Hop-Stick
10	<b>Lower Body</b>	SLDL, Lunge Series, Hip Thrusts/Curls, SLS, Sumo Squats, Adduction
<b>30 total</b>		

**Extra Credit:** Use any home equipment, dot drill, interval training, sledgehammer, etc.