



CATHOLIC HIGH FIELD HOCKEY SUMMER WORKOUT PACKET 2022

This is a workout guide that will provide you with a plan to follow throughout the summer. This is **not mandatory** but is **recommended** to ensure that you come to pre-season physically and mentally prepared!

The Summer Workout Packet is broken down into weeks with various workouts/skills included. You should try to work out no less than 4 days a week. The workout packet begins on June 20, giving you 8 weeks to prepare for pre-season. If you have any questions regarding the workouts or stick skill drills, please email Coach Megan at mmorales@thecatholichighschool.org.
Go, Cubs!

Be prepared for some type of “fitness test” come pre-season. Don’t worry! This will only be used to see where everyone is fitness wise. The “fitness test” will be one of the conditioning workouts in this packet!

Your running workouts should be outside and **not on a treadmill/indoors. This will guarantee you are ready to run in the heat and humidity.*

**Stretch well before and after each workout! Hydrate! Eat well! And Hydrate More!*

Week #1: June 20 – June 24

- M/W – Run 1-2 miles to build your endurance
- M through TH – Stick Skills

Week #2: June 27 – July 1

- M/W – Run 1-2 miles to improve on your mile times
- M through TH – Stick Skills

Week #3: July 4 – July 8

- M/W – Run 2-3 miles to build endurance for longer distances
- T/TH – Begin Strength Workouts
- M through TH – Stick Skills

Week #4: July 11 – July 15

- M – Fartlek Run for varied speeds and distances
- W – 300s Shuttle Run for speed and time
- T/TH – Strength Workouts
- M through TH – Stick Skills

Week #5: July 18 – July 22

- M – Run 2-3 miles to improve on your mile times
- W – 100s Run for speed and time
- T/TH – Strength Workouts
- M through TH – Stick Skills

Week #6: July 25 – July 29

- M – Short Sprints
- W – Run 2-3 miles
- T/TH – Strength Workouts
- M through TH – Stick Skills

Week #7: August 1 – August 5

- M/W – Run 2-3 miles
- T/TH – Strength Workouts
- M through TH – Stick Skills

Week #8: August 8 – August 12

- M – Fartlek Run
- W – 300s Shuttle Run
- T/TH – Strength Workouts
- M through TH – Stick Skills

August 15, 16, and 17 – Tryouts!

CONDITIONING WORKOUTS

Fartlek Run

- Go to a turf field or football field
- There are 3 segments – **everything in each segment is non-stop unless you finish in time for next run**
- If you finish a run, jog, or sprint part early, you wait until the time is up and you begin right when the time hits
- Up is 1, back is 2 - **not up and back is 1**
- There is a 4:30 min break in between each segment

1 st Segment	<ul style="list-style-type: none"> - Run 7 100s in 3 mins - Jog 5 100s in 3 mins - Sprint 3 100s in 1 min <p>END SEGMENT 1 – 4:30 min break</p>
2 nd Segment	<ul style="list-style-type: none"> - Run 10 75s in 3 mins - Jog 7 75s in 3 mins - Sprint 4 75s in 1 min <p>END SEGMENT 2 – 4:30 min break</p>
3 rd Segment	<ul style="list-style-type: none"> - Run 7 100s in 3 mins - Jog 7 75s in 3 mins - Sprint 9 25s in 1 min <p>END SEGMENT 3</p>

300 Yd. Shuttles

- Go to a turf field or football field, you will need the lines

1 st 300 Yard Shuttle	<p>25 yd. line and back - 6 times, up and back is 1!</p> <p>Time to get the 300 in: 66 secs.</p> <p>Rest: 3:30 mins</p>
2 nd 300 Yard Shuttle	<p>50 yd line and back, 50 yd line and back, 25 yd line and back, 25 yd line and back</p> <p>Time to get the 300 in: 63 secs.</p> <p>Rest: 3:30 mins</p>
3 rd 300 Yard Shuttle	<p>25 yd. line and back - 6 times, up and back is 1!</p> <p>Time to get the 300 in: 69 secs</p> <p>Rest 3:30 mins</p>

100 Yd. Run

- Go to a turf field or football field
- Run 10 100's in 16-19 secs each (meaning you have a minimum of 16 secs to get there, maximum of 19 secs to get there)
- 45 second break in between each 100

Short Sprints (Choose One!)

Sprints 1	Sprints 2	Sprints 3	Sprints 4
5yd x20 (rest 3 sec) Rest 30 seconds	10yd x6 (consecutive; you will end at the endline/where you started) Rest 30 seconds	5yd x6 (consecutive) Rest 30 seconds	10yd x10 - (rest 10 sec) Rest 1 minute
10yd x15 (rest 5 sec) Rest 1 minute	15yd x4 (consecutive) Rest 45 seconds	10yd x5 (consecutive) Rest 45 seconds	25yd x15 - (rest 10 sec) Rest 1:30
15yd x10 (rest 7 sec) Rest 1:30	10yd x6 (consecutive) Rest 3 minutes	15yd x4 (consecutive) Rest 1 minute	10yd x20 - (rest 15 sec) Rest 2 minutes
25yd x5 (rest 10 sec) Rest 2 minutes	Repeat x2	20yd x2 (consecutive) Rest 4 minutes	Repeat x2
Repeat all x3		Repeat x3	

STRENGTH WORKOUTS

Strength Workout #1 - Lifting

Squat to Push up	10 body weighted squats, 10 push ups, 9 body weighted squats, 9 push ups...all the way down to 1
Back Squat	4 x 5 Start light each set add more weight
DB (dumbbell) bench	4 x 10 Start light each set add more weight
DB Deadlift	4 x 12 (weight should be around 20-30lbs)

Strength Workout #2 - Lifting

Squat to Press	5 x 10
Overhead Triceps	5 x 10
Lunges with a Twist (with DB)	4 x 10 (each leg)
Side Lunge with Bicep Curl (with DB)	4 x 10 (each leg)

Strength Workout #3 - Tabata

- There are 3 circuits. Each circuit has 3 exercises. *You can switch up the exercises each time you do Tabata. Make it fun!*
- Complete the three exercises and repeat from the top until you have done it 3x through
- After each circuit you get a 45 sec rest before you start next circuit
- **No breaks in between the exercises in each circuit**

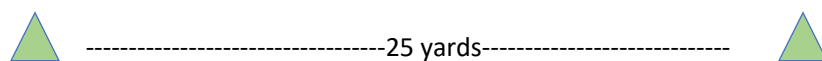
1. Body Weighted Squats 2. Push ups 3. Russian Twists	3x25 secs 3x25 secs 3x25 secs
1. Mtn. Climbers 2. Alternating Lunges 3. Toe Touches	3x25 secs 3x25 secs 3x25 secs
1. Commandos (Plank position to push up position...keep repeating) 2. Jumping Jacks 3. Burpees	3x25 secs 3x25 secs 3x25 secs

Strength Workout #4 - Core Circuits (Choose One!)

Core 1	Core 2	Core 3	Core 4
Toe Touches x30sec Penguins x30sec Rocky Situps x30sec Leg Lowers x30sec R Side Plank Dips x30sec L Side Plank Dips x30sec Plank 1min	Mtn. Climbers x30sec Bicycles x30sec Reverse Crunch x30sec Flutter Kicks x30sec Russian Twists x30sec Hip Dips x30sec Plank Knee Taps 1min	Burpees x30 sec Dead Bugs x30sec Suitcases x30sec Commandos x30sec Scissor Kicks x30sec V-Ups x30sec Plank Hip Dips 1min	Russian twists x30sec Pushups x30sec Crunches x30sec Reverse Crunch x30sec Plank Rotations x30sec Mtn. Climbers x30sec Plank 1:30min
1 set = 4 min // rest 1 min // repeat x3	1 set = 4 min // rest 1 min // repeat x3	1 set = 4 min // rest 1 min // repeat x3	1 set = 4 min // rest 1 min // repeat x3

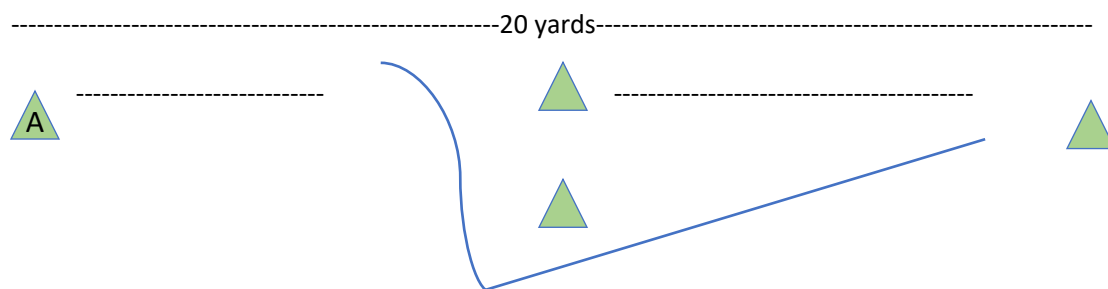
STICK SKILLS

Drill 1



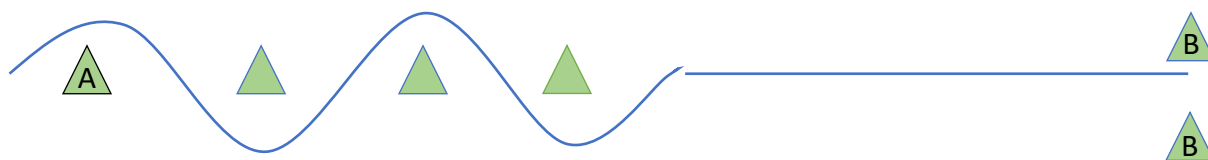
- Dribble from one cone to the next keeping the ball on your stick (x10)
- Between each sprint do 25 pulls as quickly as you can

Drill 2



- Start at Cone A
- Dribble to the 2 middle cones and pull right and sprint with the ball to the red/Green cone (10x)
- Dribble to the 2 middle cones and pull left and sprint with the ball to the red/ green cone (10x)

Drill 3



- Start at the Cone A
- Weave through each cone with the ball without using your backhand (get your feet around!)
- When you get to the last cone, drive, sweep, push the ball through the B cones
- Go through the cones 30 times, 10x sweep, 10x drive, 10x push

Drill 4

10 yards



- Start at either end of the cones
- Pull right & left from one end to the other past all 5 sets of cones x10
- Lift the ball over all 5 set of cones x10
- Pop the ball over all 5 set of cones x10

Stick Skills Progression

SET 1 – for 50 yards each

- Speed dribble (ball should not leave stick)
- Relaxed Dribble (ball can come off stick but no more than 1 yard)
- Indian Dribble (1 yard pulls from left to right while moving forward)
- Dribble with lifts/dodges (count how many you can get in a row)

Repeat 5 times

SET 2

- 50 air dribbles
- 100 pulls from left to right (feet stationary)
- 25 drives to cage
- 25 flicks to cage
- 25 push passes to cage
- 25 slaps to cage
- 25 reverse chips to cage

Repeat 3 times

SET 3 – for 50 yards each

- Speed dribble with dodges (right, left, spin, pops)
- Reverse sweeps
- Forwards sweeps
- Indian Dribble

Repeat 2 times