

Gwynedd Mercy

Field Hockey Summer Program

WEEK 1 - Monday 13th June

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING: 20 Minutes Jogging STICK WORK 20 Minutes Stick work	AGILITY CONDITIONING: 2 mins Jogging, 1 min walking (4 sets)		AGILITY DAY 1 LIFT	CONDITIONING: 45 sec sprinting, 45 sec off (5 sets) STICK WORK	AGILITY DAY 2 LIFT Flexibility Set	

WEEK 2 - Monday 20th June

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING: 22 Minutes Jogging STICK WORK 25 Minutes Stick work	AGILITY CONDITIONING: 2 mins Jogging, 1 min walking (5 sets)	GAME	AGILITY DAY 1 LIFT	CONDITIONING: 45 sec sprinting, 45 sec off (6 sets) STICK WORK	AGILITY DAY 2 LIFT Flexibility Set	

WEEK 3 - Monday 27th June

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING: 24 Minutes Jogging STICK WORK 25 Minutes Stick work	AGILITY CONDITIONING: 2 mins Jogging, 1 min walking (6 sets)	GAME	AGILITY DAY 1 LIFT	CONDITIONING: 45 sec sprinting, 45 sec off (7 sets) STICK WORK	AGILITY DAY 2 LIFT Flexibility Set	

WEEK 4 - Monday 4th July

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING: 26 Minutes Jogging STICK WORK 25 Minutes Stick work	AGILITY CONDITIONING: 2 mins Jogging, 1 min walking (7 sets)	GAME	AGILITY DAY 1 LIFT	CONDITIONING: 45 sec sprinting, 45 sec off (7 sets) STICK WORK	AGILITY DAY 2 LIFT Flexibility Set	

WEEK 5 - Monday 11th July

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING: 28 Minutes Jogging STICK WORK 25 Minutes Stick work	AGILITY CONDITIONING: 2 mins Jogging, 1 min walking (8 sets)	GAME	AGILITY DAY 1 LIFT	CONDITIONING: 45 sec sprinting, 45 sec off (8 sets) STICK WORK	AGILITY DAY 2 LIFT Flexibility Set	

Half Way Point**WEEK 6 - Monday 18th July**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING: 30 Minutes Run DAY 1 LIFT	Warm up, Sprint ladder, 3 cone weave, 5 cone agility, DF agilities,	GAME	Warm-up, Stick & Ball warm up, Sprint ladder, 3 Cone Weave, 5 Cone Agility, DF Agilities, Philly Ball	CONDITIONING: 45 sec sprinting, 45 sec off (10 sets) DAY 2 LIFT	Warm Up, Sprint Figure 8, Sprint Ladder, Stick & Ball warm-up, Philly Ball Flexibility Set	

WEEK 7 - Monday 25th July

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>CONDITIONING: 32 Minutes Run</p> <p>DAY 1 LIFT</p>	<p>Warm up, Sprint Ladder, Stick & Ball warm-up, 3 cone weave, 5 cone agility, DF agilities, Philly Ball Drill</p>	<p>GAME</p>	<p>Warm-up, Sprint Ladder, Stick & ball warm-up, 3 Cone Weave, 5 Cone Agility, DF Agilities, Philly Ball Drill</p>	<p>CONDITIONING: 45 sec sprinting, 45 sec off (12 sets)</p> <p>DAY 2 LIFT</p>	<p>Warm-Up, Sprint Figure 8, Sprint Ladder, Stick & Ball warm-up, Stick skills</p>	

WEEK 8 - Monday 1st August

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>CONDITIONING: 3 Minutes Run</p> <p>DAY 1 LIFT</p>	<p>Warm up, Sprint ladder, 3 cone weave, 5 cone agility, DF agilities, Philly Ball</p>	<p>GAME</p>	<p>Warm-up, Stick & Ball warm up, Sprint ladder 3 Cone Weave, 5 Cone Agility, DF Agilities, Philly Ball</p>	<p>CONDITIONING: 45 sec sprinting, 45 sec off (14 sets)</p> <p>DAY 2 LIFT</p>	<p>Warm Up, Sprint Figure 8, Sprint Ladder, Stick & Ball warm-up, Flexibility Set</p>	

WEEK 9 - Monday 8th August

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>CONDITIONING: 36 Minutes Run</p> <p>DAY 1 LIFT</p>	<p>Warm up, Sprint Ladder, Stick & Ball warm-up, 3 cone weave, 5 cone agility, DF agilities, Philly Ball Drill</p>	<p>GAME</p>	<p>Warm-up, Sprint Ladder, Stick & ball warm-up, 3 Cone Weave, 5 Cone Agility, DF Agilities, Philly Ball Drill</p>	<p>CONDITIONING: 45 sec sprinting, 45 sec off (12 sets)</p> <p>DAY 2 LIFT</p>	<p>Warm-Up, Sprint Figure 8, Sprint Ladder, Stick & Ball warm-up, Stick skills</p>	

WEEK 10 - Monday 15th August

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>CONDITIONING: 40 Minutes Run</p> <p>DAY 1 LIFT</p>		<p>REST</p>	<p>PRESEASON BEGINS</p>			

Sprint Figure 8 Weave (5 mins)

Cones set up 16m apart

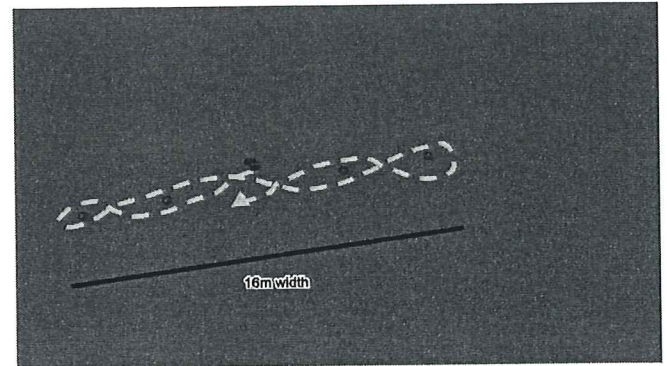
2 times through = 1 rep

Touch ground in the middle each pass through

1 minute rest between reps

Switch start direction for each rep

The test is 3 reps



Sprint Ladder Repeats (35 mins)

SPRINT UP --- JOG BACK

Complete 3 cycles ... developing repeatability.

*OBJECTIVE is to SPRINT as FAST as you can up
Get back in the time allotted, Repeat*

1 Cycle

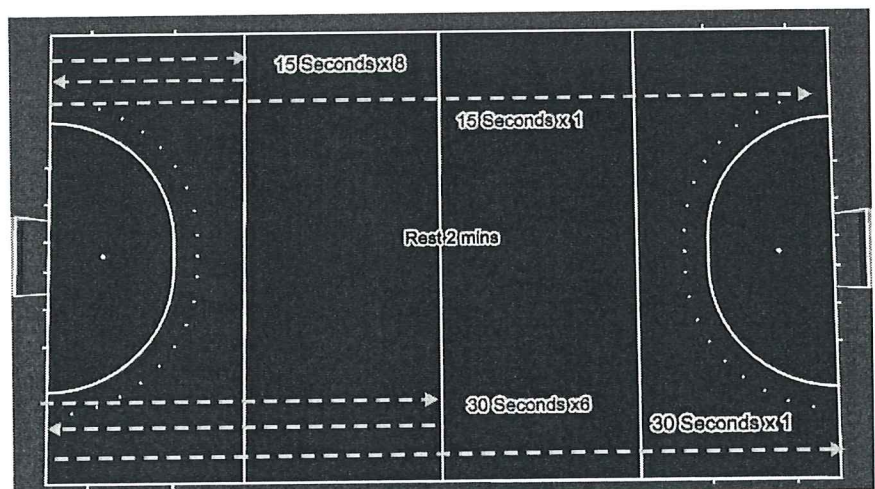
8 x 25m - 15 sec (up and back) 6 sec up

Finish with 1 x 100m SPRINT - 15 Sec up

2 min rest

6 x 50m - 30 sec (up and back) 9 sec up

Finish with 1 x 100m SPRINT - 15 Sec Up

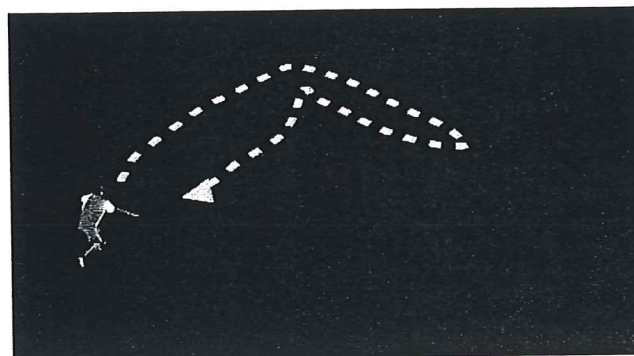


3 Cone weave with Ball (15 mins)

Set up in 2m x 2m space
Do 2 reps with 20 second rest
Repeat 8 times

Ball leads - feet do not go around cones
Turn feet to next cone - 12 o'clock
Snap ball to next cone - 1 pull

If you have a partner, do alternating reps till 8 full reps

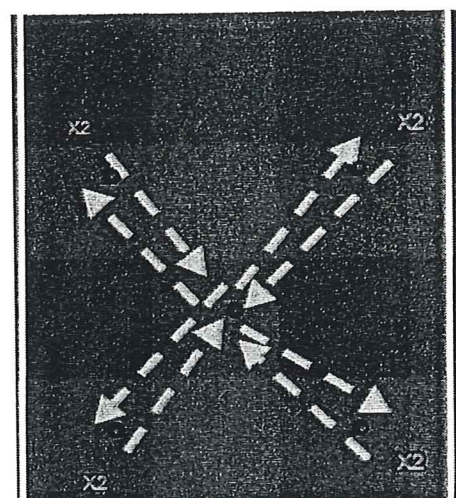


5 Cone X - Agility (10 mins)

1 rep = TOUCH each outside cone TWICE always
returning and touching the center cone
Can go in any order you want
20 sec rest between each rep

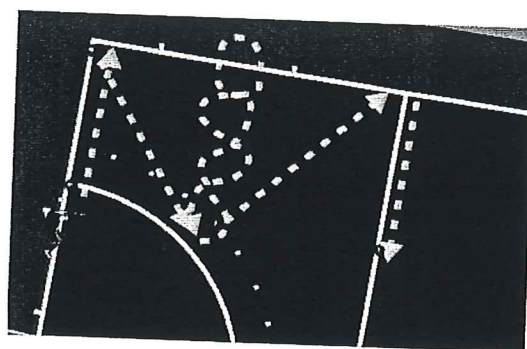
6 reps

10 x 10-yard grid



Philly Ball Drill (15 mins)

- pull ball back on the outside cones (feet don't have to go around)
- feet go around the middle cones as you weave up and down



DF Agilities (15 mins)

1 rep is one cycle right and return left
Exercise is 8 cycles

Defensive Skills

Two skills alternating at each cone directionally

Right Skills: Block tackle and shave

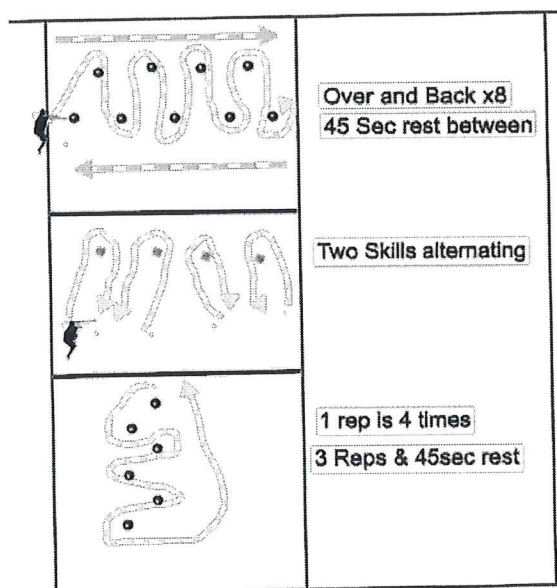
Left Skills: Block tackle and reverse block on a 45

Drop Steps with Def Stick Skills

Blocks and shaves at each cone alternating

1 rep is 4 times through

Do 3 reps with a 45 sec rest



Conditioning

Day 1 Conditioning

Day 1 is a low intensity day. This day requires that you run for a relatively prolonged, set period of time at a moderate intensity.

If you're tracking heart rate, I would like your heart-rate to be between 120-140BPM.

Roughly the difficulty of this session should be ranked around a 5-6/10.

Day 2 Conditioning

Day 2 of this program is the medium intensity day, this time we'll require you run for time.

This workout involves you running for 2 minutes at a high intensity jog, followed by 1 minute of active recovery (walk/light jog)

You should aim to keep the intensity of efforts consistent. Most efforts should feel similar in their difficulty, if you're tracking distance (e.g, running laps of a track) you should be covering similar distances (close to the same number of laps) on each effort. Try not to go too hard on your first 1-2 efforts. Your minute of recovery must be active

I would like your heart-rate to be between 140 - 160 bpm

Roughly the difficulty of this session should be ranked around 6-7/10

Day 5 Conditioning

Day 3 of this program is your high intensity day.

This workout consists of 45 seconds of work, 45 seconds of walking (active recovery).

On your 45 second efforts, you should go as hard as can possibly sustain, ie, similar to day 2 you should aim for a slight degree of consistency among your efforts.

Agility Options

- Ladders
- 5 Cone X – Agility
- DF Agilities