



**EAGLES HOCKEY**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
Day 1	STRENGTH TRAINING			
Day 2	FIELD WARM UP/ WORKOUT			
	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
Day 3	STRENGTH TRAINING			
Day 4	FIELD WARM UP/ WORKOUT			
	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
Day 5	STRENGTH TRAINING			

WARMUPS				
Gym Warmup		Sets	Reps	
Three Position Wall Stretch			6 each leg	
Side Leg lifts on Wall			5 each leg	
Glute Bridge			15-30 sec	
Glute Bridge Marching			60 sec	
Wall Squats			60 sec	
Wall Side Lunges			5 steps each way	
Prone Cobra			10 each side	
Swiss and Med Ball Rotations		3	10	
Inch Worms			20 metres	
Field Warmup				
Side Shuffle with Arm Crosses			20 metres	
Carloca			20 metres	
Leg Swings			20 metres	
High Knee March			20 metres	
Jogging Butt Kickers			20 metres	
Walking Lunges			20 metres	
Alternating Side Lunges		3	6 each leg	
Spiderman Stretch			20 metres	
Carloca Squats			20 metres	
Ladder Crossover			2X starting with each foot	
Frankenstein Walk			20 metres	
Speed Play: Buildups			100 metres at 50% speed	
			100 metres at 75% speed	
			100 metres at 90% speed	
FIELD WORKOUT				
Ladder Crossover		3	2x with each foot	12
Agility Box Crossover		1	6	30 s
Get-Up Tag	Wk1	3	10 yards	12
	Wk2	4	15 yards	
	Wk3	5	20 yards	
	Wk4	7	15 yards	
Pyramid Sprints		1	1x100 1x200 1x300 1x200 1x100	Jog or walk for the rest of the track. 12

#### GYM WARM UP **THREE POSITION WALL STRETCH**



1. Use a wall or a post for stability.
2. Kick your leg forwards, sideways and backwards.
3. Each kick should get progressively higher.

REPS: **6 each leg**

#### GYM WARM UP **SIDE LEG LIFTS ON WALL**



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Extend one leg and hold for 10 seconds.
3. Repeat with your other leg.

REPS: **5 each leg**

#### GYM WARM UP **GLUTE BRIDGE**



1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Hold for 15-30 seconds.

#### GYM WARM UP **GLUTE BRIDGE MARCHING**



1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Extend one leg at a time, pointing your foot to the ceiling.

REPS: **60 sec**

#### GYM WARM UP **WALL SQUATS**



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Extend your legs and slide your torso up the wall, hold, and return to first position.

Warmup: SETS: **1** REPS: **60 s**  
Weeks 1-4 Day 3: SETS: **2** REPS: **Max time** REST: **30 s**

#### GYM WARM UP **WALL SIDE LUNGES**



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Use the wall as a guide (to hold this position).
3. Take 5 steps in each direction.

#### GYM WARM UP PRONE COBRA



REPS: 10 each side

1. Lay down on your stomach with your arms out to your sides.
2. Bring your left foot over your back and attempt to touch your left toe to your right hand. You will naturally roll to your left side.
3. Roll back to your stomach and attempt connecting the opposite foot and hand.

#### GYM WARM UP SWISS AND MED BALL ROTATIONS



SETS: 3 REPS: 10 each direction RESTS: 30 s

This drill requires a swiss ball, a medicine ball and a partner.

1. Sit on a swiss ball holding a medicine ball at arm's length.
2. Keeping your hands at eye level, pass a medicine ball to your partner on one side and pick it up on the other, creating a circle around your head.

#### GYM WARM UP INCH WORMS



REPS: 20 metres

1. Start in a bridge position.
2. Without bending your legs, "walk" your feet in to meet your hands.
3. Without bending your arms "walk" your hands out until you are again in a bridge position.
4. Travel 20 metres.
5. Jog back to start.

#### FIELD WARM UP SIDE SHUFFLE WITH ARM CROSSES



REPS: 20 metres

Superset: Carioca—do one drill each direction for 20 metres

1. Skip sideways by bringing your feet together and then apart. Do not cross your legs.
2. When in the open position (legs open) pivot on one foot and face the opposite direction. Continue direction of motion.
3. Swing your arms with a crossing motion each time you shuffle.
4. Travel 20 metres.
5. Jog back to start.

#### FIELD WARM UP CARIOCA



REPS: 20 metres.

Superset: Side Shuffle with Arm Crosses—do one drill each direction for 20 metres

1. Start with your feet shoulder width or wider apart with your hands at your hips or ears.
2. Shuffle sideways, crossing your foot first in front and then behind the other.
3. Travel 20 metres.
4. Jog back to the start, or complete drill in the opposite direction.

#### FIELD WARM UP LEG SWINGS



REPS: 20 metres

1. Start in a standing position with your arms extended in front of you.
2. Step forward in a kicking motion, attempting to touch your hand with the opposite foot.
3. Travel 20 metres.
4. Jog back to the start.

#### FIELD WARM UP HIGH KNEE MARCH



REPS: 20 metres

1. Using a sprinting motion, attempt to touch the ground as many times as possible within 20 metres.
2. Keep your elbows at 90 degrees and keep your knees as high as possible.
3. Travel 20 metres.
4. Jog back to the start.

#### FIELD WARM UP ALTERNATING SIDE LUNGES



SETS: 3 REPS: 6 each leg

1. Start in a standing position and lunge to the side, stretching the inside of your thigh.
2. Hold and return to starting position.
3. Repeat with the other leg.

#### FIELD WARM UP JOGGING BUTT KICKERS



REPS: 20 metres

1. Start to jog.
2. Kick your feet backwards bringing your heels up to your butt, and at tempt to touch the ground as many times as possible within 20 metres.
3. Jog back to the start.

#### FIELD WARM UP SPIDERMAN STRETCH



REPS: 20 metres

1. Start on all fours, with your weight on your hands and feet.
2. Keeping your back parallel with the ground, move forward by crawling the floor, kicking your foot up and extending as far as possible with each motion for 20 metres.
3. Jog back to the start.

#### FIELD WARM UP WALKING LUNGES



REPS: 20 metres

1. Start with your hands on your hips or ears.
2. Lunge forward with a high step and end with your knees at 90° angles.
3. Follow with opposite leg.
4. Travel 20 metres.
5. Jog back to the start.

#### FIELD WARM UP CARIOCA SQUATS



REPS: 20 metres

1. Start with your hands on your ears or hips.
2. Move sideways by crossing your foot first in front, then behind the other.
3. When in the open position, perform a deep squat.
4. Travel 20 metres.
5. Jog back to the start.



## FIELD WARM UP **SPEED PLAY: BUILDUPS**

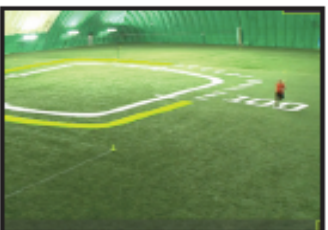


**REPS: Three runs to start successively:**  
**100 metres at 50% speed**  
**100 metres at 75% speed**  
**100 metres at 90% speed**

This drill requires a 100 yard field.

1. From a standing position, get up to speed with a steadily increasing pace in the first 20 metres.
  - First run = 50% speed
  - Second run = 75% speed
  - Third run = 90% speed
2. At the 20 metre mark, hold that pace.
  - First run = hold for 20 metres
  - Second run = hold for 20 metres
  - Third run = hold for 40 metres
3. Then, decelerate evenly for the remaining length of the field until you are at a standing position at 100 metres.
4. Jog back to starting position.

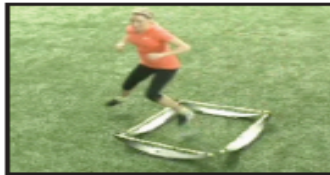
## DRILLS **PYRAMID SPRINTS**



This drill requires a 400 metre track or field.  
These sprints run successively, with shorter periods of rest between them. You should always keep moving. When you reach the starting line, your next sprint begins. Try to push yourself faster each week.

1. Sprint for 100 metres. Jog for 100 metres. Walk for 200 metres.
2. Sprint for 200 metres. Jog for 100 metres. Walk for 100 metres.
3. Sprint for 300 metres. Jog for 100 metres.
4. Sprint for 200 metres. Jog for 100 metres. Walk for 200 metres.
5. Sprint for 100 metres. Jog for 100 metres. Walk for 200 metres.

## DRILLS **AGILITY BOX CROSSOVER**



**REPS: 6    REST: 30 s**

This drill requires four hurdles at least one foot in height.

1. Arrange the hurdles in a box formation about two feet square.
2. Stand outside the box and use a carioca movement to bring your outside foot inside the box.
3. Then uncross your feet bringing your crossed foot over to the other side of the box and bring your feet together.
4. Then the motion reverses, and you cross again, but instead of uncrossing to the opposite side, bring your other foot outside the rear of the box.
5. Your weight should shift from inside the box to the outside, and when you bring your feet together, plant your feet to sprint out of the opposite side of the box. Try to better your time with each set.

## FIELD WARM UP **LADDER CROSSOVER**



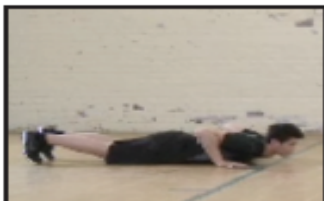
**Warmup:**                **SETS: 1    REPS: 2X starting with each foot**  
**Weeks 6-9 Day 4:**   **SETS: 3    REPS: 2X starting with each foot**

This drill requires a ladder or Agility Web.

1. Start at one end of the web beside the first box.
2. Step into the first box with your outside foot, crossing your body.
3. Next, bring your crossed foot to the other side of the box and bring your feet together on the other side.
4. Repeat the steps, alternating your feet until you reach the end of the web, and jog back to start.

## DRILLS **GET UP TAG**

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This drill requires a 400 metre track or field.

1. Start on your stomach with your hands at your shoulder height, ready to push you up to a standing position.
2. Explode up to a sprinting position and race for the distance.

Week 1: **SETS: 3** **DISTANCE: 10 yds**

Week 2: **SETS: 4** **DISTANCE: 15 yds**

Week 3: **SETS: 5** **DISTANCE: 20 yds**

Week 4: **SETS: 7** **DISTANCE: 15 yds**