

1st and U16A Hockey Conditioning Program

Week 6 (4 May – 10 May)

Session 1: Endurance

Warm-up as needed

200 Skips

60s Slow jog, 30s high-tempo run, 30s walk (2mins)

Repeat this for 20-25mins

Cool-down as needed

Do 30s high knees and 30s squat hold. That is one rep. Rest 10s and repeat 6 times.

4. Squat Pulses to In-Out Squat

Squat pulse for 30s and in-out squat for 15s. Rest 15s and repeat x6

Finish this session with as many free-standing squats as you can (minimum 50)

Session 2: Strength-endurance

Warm-up as needed

1. Squat to Burpee (Stand up straight, squat, stand up, burpee, squat....)

Do this for 2mins, rest 1min and repeat 3 times (Do as many reps as possible)

2. Bench-Sit to Forward Lunge (Sit on a bench or chair, stand up, step forward into a lunge, step back, sit down, stand up, lunge with opposite leg)

Do this for 2mins, rest 1min and repeat 3 times (Do as many reps as possible)

3. High Knees to squat hold

Cool-down as needed

Session 3: Strength and core

25 Crunches

25 Full sit-ups with butterfly stretch

25 Bicycle crunches

25 Heel taps

25 Leg raises

Rest as needed and repeat

Plank 45s

Side plank 30s

Side plank 30s

Plank 45s

Rest as needed and repeat

Week 7 (11 May-17 May)

Session 1: 30s Jog, 30s High tempo run (1min) Do this for 15-20mins and end with 200 skips

Session 2:

EMOM (Every minute on the minute)

ie. Complete the set exercise as fast as you can and rest whatever time is left before a minute runs out.

Minute 1: 15 Lunge Jumps

Minute 2: 25 Squat pulses

Minute 3: 10 Commandos

Minute 4: 12 Push-ups

Minute 5: 20 Crunches

Minute 6: 40 Ankle Touches

Minute 7: 15 Squat Jumps

Minute 8: 10 Fire Hydrants per leg

Minute 9: 15 Triceps Dips

Minute 10: 30 Shoulder Taps

Rest 5 minutes and repeat

Finish with 25 Burpees and 25 Squat Jumps

Session 3:

30s Plank

30s Straight arm plank

20 slow mountain climbers

30s Side plank

30s Side plank

20 Shoulder taps

20 toe taps (Straight arm plank bending at the hips to touch toes. Right-hand touches left foot and left-hand touches right foot)

Rest as needed and repeat X3

Finish with 25 Crunches, 25 Leg raises and 25 Bicycle kicks