**Summer/Presason Information:**

* I am including a summer workout plan that is **an expectation** if you are trying out for the Varsity team this year. It is **crucial** that you come into preseason already in shape. Preseason is **NOT** a time to start working out and getting in shape.
* Captains will be holding practices throughout the summer. It is **strongly** encouraged that you attend as many as you can in order to keep your stick skills fresh and continue to develop as individual players and as a team. Check with any of them for dates, times and locations.
* You **MUST** be cleared by the Athletic Department in order to come to tryouts/preseason so make sure you register early and that your physical is up to date so that we don’t have to deal with any issues at the last minute.

**Summer Workout Plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 20  Last Day of School | 21 | 22 | 23  ***First Captains Practice***  10 am @ Downes? | 24  - 20 min run  - Workout 1 |
| 27  - 20 min run  - Workout 2  - Sprints | 28  - 20 min run  - Stick skills | 29  - 25 min run  - Agilities | 30  - 25 min run  - Workout 1  - Stick Skills |  |

**June**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  | 1  - Agilities  - Workout 2  - Sprints |
| 4  - Timed Mile (record) | 5  - 25 min run  - Workout 1  - Sprints | 6  - 30 min run  - Workout 2  - Stick Skills | 7  - 30 min run  -Workout 1  - Sprints | 8  - 30 min run  - Workout 2  - Stick Skills |
| 11  -30 min run  -Workout 1  - Sprints | 12  - 35 min run  - Workout 2  - Stick Skills | 13  - 35 min run  - Workout 1  - Sprints | 14  - 35 min run  -Agilities  - Stick Skills | 15  - 40 min run  - Workout 2  - Sprints |
| 18  - 40 min run  - Workout 1  - Stick Skills | 19  - 40 min run  - Workout 2  - Sprints | 20  - 40 min run  - Agilities  - Stick Skills | 21  - 40 min run  - Workout 1  - Sprints | 22  - 40 min run  - Workout 2 |
| 25  - 45 min run  - Workout 1 | 26  - 45 min run  - Workout 2  - Sprints | 27  - 45 min run  - Agilities | 28  - 45 min run  - Workout 1  - Sprints | 29  - 45 min run  - Workout 2 |

**July**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 1  - 40 min run  - Workout 1  - Stick Skills | 2  -40 min run  -Workout 2  - Sprints | 3  - 40 min run  - Workout 1  - Stick Skills | 4  -40 min run  -Workout 2  - Sprints | 5  - Workout 1  - Agilities |
| 8  - 35 min run  - Workout 2 | 9  - 35 min run  - Workout 1  - Sprints | 10  -35 min run  - Workout 2 | 11  -35 min run  - Workout 1  - Sprints | 12  - Sprints  - Stick Skills  - Agilities |
| 15  -40 min run  - Stick Skills  - Agilities | 16  - Workout 2  - Sprints | 17  - Workout 1  - Stick Skills | 18  - 45 min run  - Sprints | 19  - Sprints  - Stick Skills  - Agilities |
| 22  - Stick Skills  - Sprints | 23  - Stick Skills  -Agilities | 24  - Stick Skills  - Sprints | 25  **Preseason**  10:00-11:00  *Returning Players ONLY*  11:00-12:30  *New Players ONLY* | 26  **Preseason**  11:00-1:00  *Returning Players Only* |
| 29  **Preseason**  10:30-12:30  *Returning Players Only* | 30  **Preseason**  3:00-5:00  *All Players*  \*\*Teams will be decided\*\* | 31  First Team Practice/Bonding  3:30-5:30  **Mandatory meeting for all athletes +parents**  **6:45 pm** |  |  |

**August**

**WORKOUT 1:**

* High Skips
* Butt Kicks
* Grapevine (both ways)
* Tuck Jump Shuttle (3 tuck jumps – sprint 10 yds, slow jog back. Repeat 5 times)
* Jump rope – Double jumps 1 min, one leg alternate 30 sec left, 30 sec right
* **ABS:**
  + Twisting Crunch (25)
  + Bicycle Crunch (25)
  + Planks (30 sec – 1min – 1:30 – 2 min)
  + Side Planks (30 sec – 1min – 1:30 – 2 min)

**WORKOUT 2:**

* High Knees
* Burpees 5 sets of 5
* Jumping Jacks 1 min, repeat 5 times
* Speed skaters 1 min, repeat 5 times
* Body squats 5 sets of 5
* Mountain Climbers 1 min
* 3 sets of 25 situ ps and 2 sets of 15 pushups – add 5 situps and 5 pushups EACH WEEK

**SPRINTS** :

ARE AT FULL SPEED with REST Period of 20-30 seconds between each

**CHOOSE 1 from each column for a total of 3 sets:**

4 X 50 yards              5 X 25 yards               5 X 20 yards

4 X 100 yards            5 X 30 yards              15 X 5 yards

5 X 75 yards              8 X 16 yards              10 X 10 yards

**Stick Work:**

* Indian dribble in place for 1 min, repeat 5 times
* Air dribble in place for 1 min, repeat 5 times
* Wide pulls between feet for 1 min, repeat 5 times
* Dribble while moving: front, back, right, left – 1 min repeat 5 times

**AGILITIES:**

**Add a STICK AND A BALL to ANY agility pattern to work on your ball control skills - STAY LOW**

**Line Drills - 10 Yards**

1. Start by sprinting from line A to line B at full speed.

2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish line).

3. Incorporate back pedals, side shuffles, etc.

**Off Set Weave** - Zig Zag Pattern with cone every 5 yards for a total of 15 yards

1. Start by sprinting to the first cone.

2. With a quick change of direction, begin backpedaling to the next cone (and repeat).

3. Concentrate on accelerating out of the corners.

**Z-Drill -** Make the letter Z in a 5-yard by 5-yard pattern

1. Start by sprinting to the first cone at full speed.

2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.

3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.

4. Incorporate back pedals, side shuffles, etc.

**M Drill** - Make the letter M in an 8 by 8 yard pattern

1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.

2. Incorporate back pedals, side shuffles, etc.

**Figure 8 Drill** - Make a Figure 8 in a 5-yard pattern

1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle a through a figure 8 pattern.

**Pro-Agility Drill**  - Total is 10 yards, with the mid line in the middle at the 5-yard mark

1. Start by straddling the mid line.

2. Sprint hard to one side then all the way back to the far side and then finish by sprinting back to the middle. Touch each line as you cross.