

CONDITIONING PACKET

You must be cleared by your physician for sport activity before using this packet. Go at your own pace, if you've been slacking off for a while, start slow and work up to suggested pace/options. You will not get in shape over night!
If you play a fall or winter sport, feel free to log practice or game as your conditioning for that day, you are however still responsible for stick work in addition to your other sport. Stick skills can be lost very quickly and take months to regain.



Endurance-Speed-Flexibility
This workout will prepare you to play your best during the season.
Your performance will increase.
Your injuries will decrease.

A Championship Season Does Not Begin in April – it begins NOW



Phase 1 – Alternate strength and Speed days, Take one or 2 days for rest.

Strength day

- Warm up: Lunges (front, back, lateral)
- Stretch: butterfly, quads, hams, back
- Strength: 20 squats (butt out like you are going to sit down in an imaginary chair, knees shouldn't go past your toes), 12 push-ups, 10 dips, 30 crunches, 5 crab walks (front/back)
- 10 superman, 10 burpees
- Endurance: 1 mile jog, easy pace
- Stretch!!
- Stick work 20 minutes either on wall or with partner, step to the ball every time you try to catch it (think of boxing out your defender) weak side and strong side
- Nutrition: Fruits? Veggies? Dairy? Lean Protein? Water water water!!
- Sleep: Enough hours??

Speed Day

- Warm up: 5 minute easy jog
- Stretch: runners lunge, downward dog, quads, hip flexors, calves, etc
- Speed: 6 (90 yard) sprints
- 1 hill (jog medium pace to top of hill, jog slow pace back down)
- Stretch!!
- Stick work: 20 minutes focused on dodging (use friend or a chair) cradling strong and weak side, stick tricks
- Eat: ?? Keeping a journal is a great tool to make sure you are getting the nutrients you need, if your diet is full of processed foods and things that come prepackaged and in a box or from a drive thru you are likely not getting what you need.
- Sleep? Sleep rebuilds muscle, gives your brain focus and boosts your metabolism to name a few!
- Water? You would be surprised how much being dehydrated does to your body! Decreases your speed, flexibility, concentration, immune system..you name it! DRINK WATER throughout the day and before and after working out!



Phase 2 Alternate Strength and Speed days and take 1-2 days to rest.

Strength Day

- Warm up: mountain climbers, soldier walk, grapevine, butt kicks
- Stretch: butterfly, quads, calves, hammies, shoulders, arms
- Strength: 15 pushups, 15 dips, 3 (30 second) wall sits, 1 minute plank, 1 minute bridge, 2 sets of 20 lunges (don't let knee go past toe but go deep in your lunge)
- Aerobic: 1.5 mile medium pace jog (½ mile easy, ½ mile medium pace, ½ mile easy)
- 15 burpees
- Stretch!!!!
- Stick work: 30 minutes passing, left, right, step towards ball to catch, practice catching without cradling (no snatch catching), toss ball – catch behind back, toss ball-spin 360 and then catch ball, catch ball on back of pocket then flip to front of pocket, spin stick in finger tips in between cradling without dropping it.
- Eat: Hungry? Try adding in snacks that your body needs..almonds, string cheese, fruit, light yogurt, grilled chicken pieces
- Sleep: Yes you need it! ☺

Speed Day

- Warm up: 5 minute easy jog, 5 lunges each leg, wacky jacks
- Stretch: legs, core and arms!
- Speed: 8 (90 yard) sprints 30 second recovery between first 4 sprints, 60 second recover between next 3 sprints, 30 second recovery between remaining sprints
- 3 hills: jog first hill, jog back down. 3 minute recovery. Run 2nd hill medium to hard effort, easy jog back down. 2 minute recovery, jog easy last hill, jog easy down
- Stretch!!!!
- Eat: oh yea you know what to eat!
- Sleep: uh huh, go to bed night owls! You can text later...
- Stick work, have fun, play catch, 1v1 with a friend! Pick up game? Use a tennis ball and play in the basement! ☺ Cradling circuit practice, protect stick with your body in all your movements. Bottom hand out away from you, head protected and close in.

Beyond phase 2:

Add in the following as you are able:

- More push-ups,
- more dips,
- longer wall sits,
- work up to 2 mile jog and incorporate 10 and 20 and 30 second sprints into it with slow recovery jog in between.
- More hills
- More aggressive wall ball(faster, throwing harder, trying to catch wild balls that you might normally think are out of reach, try to catch with one hand, throw with one hand, left, right, anything you can think of!)
- 12(30 yard) sprints with 30 second and 60 second alternating recovery time in between
- Incline crunches and leg raises
- Pilates or yoga for flexibility and strength and proper breathing
- Deep breathing exercises, feel the air go into the bottom of your diaphragm, hold and then release slowly.
- Visualization, take a few minutes each night or morning to picture yourself on the field, making an amazing defensive move, intercepting a ball, shooting, dodging a defender going low by faking and then going high. Picture it as though it is real, feel the excitement, etc.
- Write down your goals, where will you be at the beginning of the season, what will you accomplish, what do you want to improve on? Hang these goals up so you can see them each day.
- Find a way to turn negative thoughts and energy into a positive/constructive outcome. Take blame away from others and focus on how you can help yourself and others achieve goals. Remove all negative self talk, focus on what you want to become. Act as though you are already what you want to be and you will become it!
- Talk to your captains if you are struggling, unsure, can't find anyone to play lax with, etc. They are there for YOU!
- This season will be HARD, tryouts will be DEMANDING! Don't ever quit if it's something you want, if it's worth having, it's worth working hard for. Wake up each day with renewed confidence and determination and lean on your teammates when you are feeling empty, that's what they are here for!