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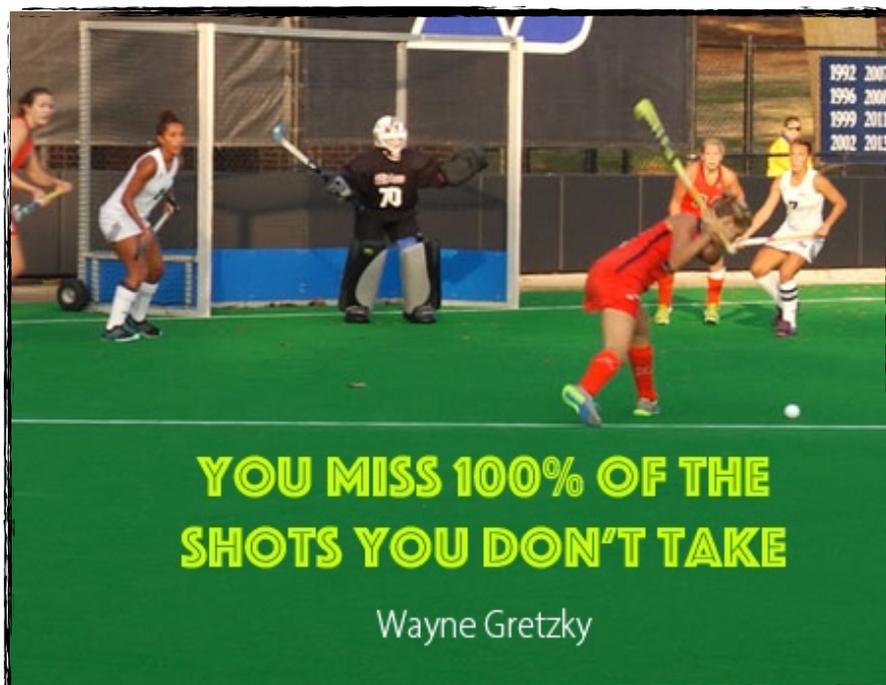


30 DAY HOCKEY CHALLENGE

WEEK 3 TASKS:

Week 1 Task Checklist	Completed
1. Complete Fitness Workout of the Month (2-3x)	
2. Fitness Challenge of the Week	
3. Skill Challenge of the Week	
4. Nutrition Challenge of the week	
5. Mindset Challenge of the week	

QUOTE OF THE WEEK





FITNESS WORKOUT OF THE MONTH

Aim to complete this fitness workout 2-3 x per week for the full 30 days.

Repeat each of the exercises below for a total of 1-2 times.

Week 1	Week 2	Week 3	Week 4
8 x Pushups then sprint 25m (recovery jog back)	10 x Pushups then sprint 25m (recovery jog back)	12 x Pushups then sprint 25m (recovery jog back)	15 x Pushups then sprint 25m (recovery jog back)
6 x (2 side step shuffle into squats; to both sides), then sprint 25m & back, sprint 50m (recovery jog back)	8 x (2 side step shuffle into squats; to both sides), then sprint 25m & back, sprint 50m (recovery jog back)	10 x (2 side step shuffle into squats; to both sides), then sprint 25m & back, sprint 50m (recovery jog back)	12 x (2 side step shuffle into squats; to both sides), then sprint 25m & back, sprint 50m (recovery jog back)
High knees (20 secs), sprint 25m, run backwards to baseline and sprint to 50m (recovery jog back)	High knees (30 secs) sprint 25m, run backwards to baseline and sprint to 50m (recovery jog back)	High knees (40 secs) sprint 25m, run backwards to baseline and sprint to 50m (recovery jog back)	High knees (45 secs) sprint 25m, run backwards to baseline and sprint to 50m (recovery jog back)
30 Mountain climbers, run backwards to 25m, turn and sprint to 50m	50 Mountain climbers, run backwards to 25m, turn and sprint to 50m	75 Mountain climbers, run backwards to 25m, turn and sprint to 50m	100 Mountain climbers, run backwards to 25m, turn and sprint to 50m

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FITNESS WORKOUT OF THE MONTH

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Week 1	Week 2	Week 3	Week 4
4 x tuck jumps (raise knees to your chest then touch floor), 10m sprint, jog through to 50m (walk back)	6 x tuck jumps (raise knees to your chest then touch floor), 10m sprint, jog through to 50m (walk back)	8 x tuck jumps (raise knees to your chest then touch floor), 10m sprint, jog through to 50m (walk back)	10 x tuck jumps (raise knees to your chest then touch floor), 10m sprint, jog through to 50m (walk back)
6 total x split jumps sprint 50m, (recovery jog back)	8 total x split jumps sprint 50m, (recovery jog back)	10 total x split jumps sprint 50m, (recovery jog back)	12 total x split jumps, sprint 50m, (recovery jog back)
Alternate leg bounding in as few steps as possible to 25m line, then sprint to 50m line (recovery jog back)	Alternate leg bounding in as few steps as possible to 25m line, then sprint to 50m line (recovery jog back)	Alternate leg bounding in as few steps as possible to 25m line, then sprint to 50m line (recovery jog back)	Alternate leg bounding in as few steps as possible to 25m line, then sprint to 50m line (recovery jog back)
Side plank (30 secs each side) then 5 x 25m shuttle sprint	Side plank (30 secs each side) then 5 x 25m shuttle sprint	Side plank (30 secs each side) then 5 x 25m shuttle sprint	Side plank (30 secs each side) then 5 x 25m shuttle sprint

* Use progress tracker below to monitor how long it takes you to complete the full circuit

PROGRESS TRACKER

	Session 1	Session 2	Session 3	Session 4
Time:				



FITNESS CHALLENGE OF THE WEEK

5 x 25 yards shuttle sprint (for time)

The fitness challenge this week is to run 5 x 25 yards (or 23m) for time. This means you will run a total of 125 yards (or 115m) turning every 25 yards (or 23m).

Aim:

Complete the challenge in as quick time as possible, making a note of your time each time you do it.

Guidelines:

If you're doing it on a pitch then you can run from the baseline to the 25 yard line and back, repeat again and finish at the 25m line.

If you don't have access to a pitch then use an open space where you can setup a cone or marker at the start and another one 23m away from the start.

** Please make sure you warm up properly before completing any of the fitness challenges*

YOUR SCORE:

	1st Attempt	2nd Attempt	3rd Attempt	4th Attempt
Time:				



SKILL CHALLENGE OF THE WEEK

V drag into 5m acceleration

Dribble a ball 5m, perform the V drag elimination skill then accelerate 5m, displaying a sudden change of pace.

Aim: Test your V drag into a change of pace while maintaining control of the ball

Rules:

- Complete a total of 100 reps, breaking it down into a total of 10 reps x 10 sets
- Make a note of your scores for each set of 10
- The first 50 reps focus on the left to right drag
- The second 50 reps focus on the right to left drag
- The winner is the one with the highest total score (out of 100)

Optional: If you prefer you can combine this with the fitness challenge so that you complete the (5x25m shuttle) between each of the 10 sets of V drags.

Scoring:

Rate yourself out of 10 for each set. For example if you maintain full control of the ball for the whole drill 6 times out of 10, your score for that set will be 6. You can then compare the difference scores between first 50 (left to right) and the second 50 (right to left).

YOUR SCORE:					
Left to right	Set 1	Set 2	Set 3	Set 4	Set 5
Score rating out of 10					
Right to left	Set 6	Set 7	Set 8	Set 9	Set 10
Score rating out of 10					
Total Score (out of 100)					



NUTRITION TIP OF THE WEEK

3 Types of Sports Drinks

There are times when drinking water is not enough for games, so here are the 3 types of sports drinks available, all contain various levels of fluid, electrolytes and carbohydrate.

1. Hypotonic (The Thirst Quencher)

Contains less than 4g of sugar (carbohydrates) per 100ml and < 50 mg sodium (salt) per 100ml. It is more of a thirst quencher rather than an energy booster.

Aim: Provide effective hydration and replaces fluids lost from sweating

Suitable for: Any exercise less than 60 minutes that is low to moderate intensity

2. Hypertonic (The Energy Booster)

Contains higher concentration of sugar usually more than 8g per 100ml.

These are your typical energy drinks which rarely contain electrolytes vital to replacing lost fluids. Best consumed 30-60 minutes before exercise or post-workout to top up muscle glycogen stores. Not the best option for staying hydrated.

Aim: To supply energy and provide high amounts of carbohydrates in liquid format when bulky foods are not available.

Suitable for: long duration or ultra distance events to meet high energy demands

3. Isotonic (The Fatigue Delayer)

Typically contains 4-8g of sugar (carbohydrates) per 100ml and 46-69 mg sodium (salt) per 100ml.

Aim: Quench thirst and provide energy delaying the onset of fatigue, often caused from dehydration and low carbohydrate stores. It also helps to aid recovery.

Suitable for: Team sports like hockey or when you are exercising more than 30-60 mins at a high intensity.



MINDSET CHALLENGE OF THE WEEK

Sometimes we get caught up only focussing on our weaknesses and forget about the things that we're good at, so this exercise will help you to identify your strengths too.

I am a big believer of maximizing your strengths but you can't do that if you don't know what they are. Use the worksheet below to make a note of your role in your team and what your TOP 3 strengths are.

Identify Your Strengths	
Question	Your answer
What is the #1 thing you are best at as a player? And what is your main role in your team?	
What is your 2nd best strength as a player?	
What is your 3rd best strength as a player?	

If you can't think of anything straight away, **DON'T** just skip this. You may need to take some time to consider and think about it, especially if you haven't been asked this before.

Here are a few ideas which may help:

Good vision, speed, hard-worker, goal scorer, reliable, consistent, tackling, captain, encourager, positioning, communication, etc...