

Name:



30 DAY HOCKEY CHALLENGE

WEEK 1 TASKS:

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

FITNESS ASSESSMENTS

Complete all of the below exercises as a way of measuring your progress

	Week 1	Week 4	Week 8	Week 12
1. Overhead squat (movement)				
2. Broad jump (distance)				
3. Max pushups				
4. Wall sit (max time)				
5. Plank (max time)				
6a. Side plank RIGHT (time)				
6b. Side plank LEFT (time)				
7. 30m sprint (time)				
8. T run (for time)				
9. Sprint repeat 3 x (5, 10m, 15m)				
10. Suicide (or 1km)				



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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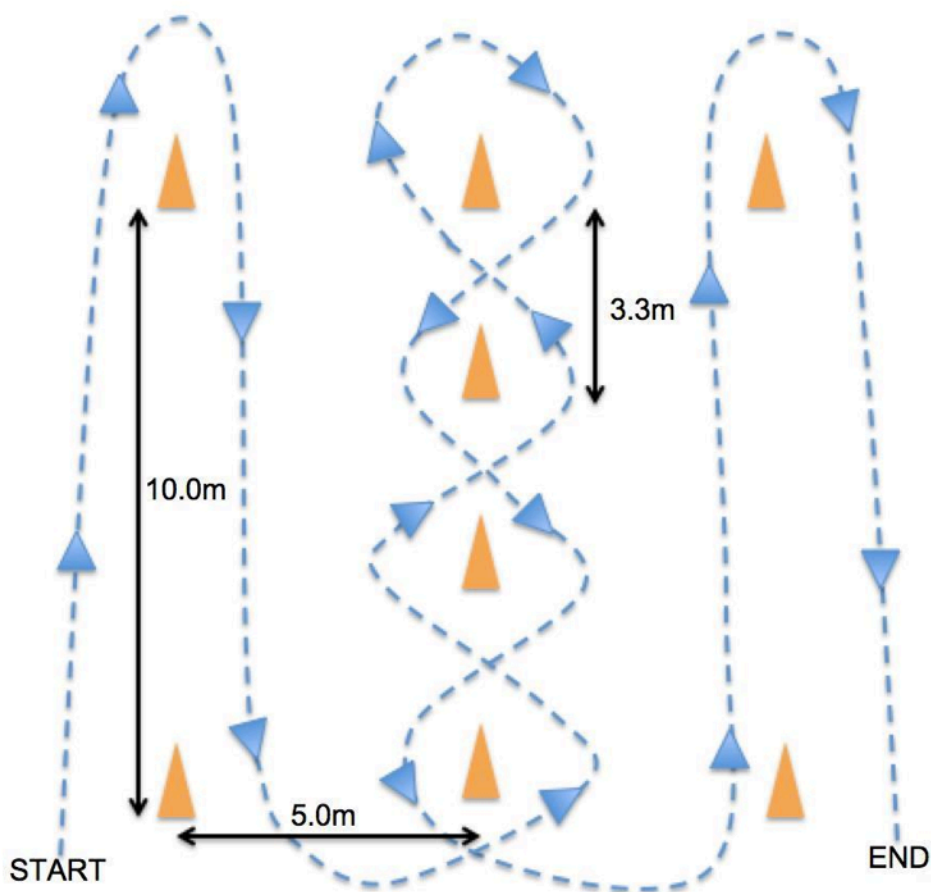
Week 1	Week 2	Week 3	Week 4
4 x tuck jumps (raise knees to your chest then touch floor), 10m sprint, jog through to 50m (walk back)	6 x tuck jumps (raise knees to your chest then touch floor), 10m sprint, jog through to 50m (walk back)	8 x tuck jumps (raise knees to your chest then touch floor), 10m 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



SKILL CHALLENGE OF THE WEEK

Using stick and ball, dribble around the cones as illustrated in the image below (using the distances indicated as guidelines).

ILLINOIS TEST



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



NUTRITION CHALLENGE OF THE WEEK

Your goal for this week is to keep a 3 day food diary and make a note of what you are eating, your habits and where you can make improvements.

Make Note of Time	Day 1	Day 2	Day 3
Breakfast:			
Snack:			
Lunch:			
Snack:			
Dinner:			
Other:			

My Observations & Improvements I Can Make

1 -

2 -

3 -



MINDSET CHALLENGE OF THE WEEK

Assess your overall mental toughness using the quiz questions below

- 10 - Never
- 9 - Very strongly disagree
- 8 - Strongly disagree
- 7 - Occasionally
- 6 - Sometimes
- 5 - Frequently
- 4 - Often
- 3 - Strongly agree
- 2 - Very strongly agree
- 1 - Always

Mental Toughness Quiz Questions	Your rating (out of 10)
1. I question whether I am good enough as a hockey player	
2. Setbacks (i.e. being dropped, injury) affect my confidence	
3. I struggle to motivate myself to train on my own (i.e. put things off)	
4. I worry about letting the team down (or what others think of me)	
5. I compare myself to others which affects my performance	
6. I tend to dwell on the mistakes that I make	
7. I get easily frustrated with things like bad umpiring which then affects my performance negatively	
8. I expect to be perfect and not make any mistakes	
9. I tend to panic, make silly mistakes or play it safe under pressure	
10. How many games would you be happy with your performance? (out of 10 games)	
Total score (out of 100)	