



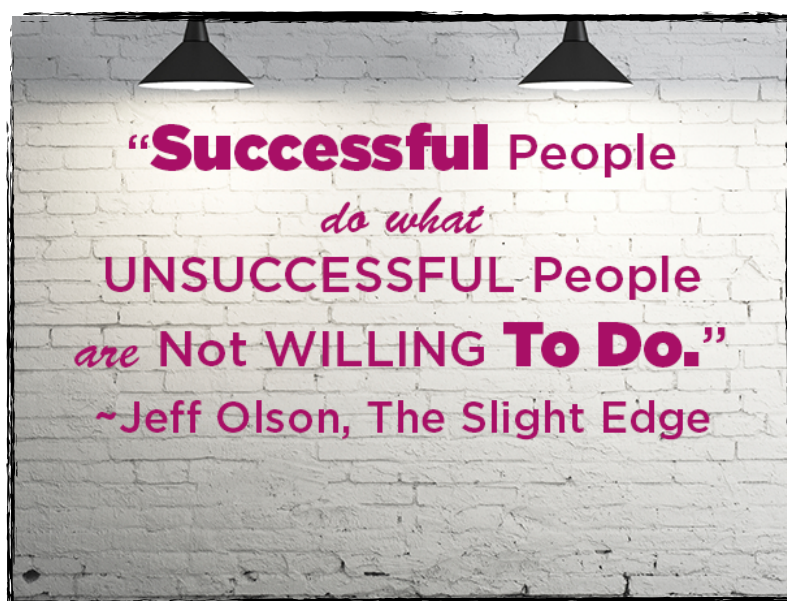
Name:

30 DAY HOCKEY CHALLENGE

WEEK 2 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

* You can use this 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

Dual Pyramid (for time)

Repeat exercises after each other with as little rest as possible in between.

Start with 10 reps each, then 9 reps, then 8 reps, all the way down to 1 rep.

Exercises:

- 10-1 x squats
- 10-1 x pushups

(Total of 55 reps)

For example you will do: 10 squats, then 10 pushups, 9 squats, 9 pushups, 8 squats, 8 pushups, etc... all the way to 1 squat, 1 pushup.

Aim: Complete all reps in the quickest time possible.

Rules:

- Thighs must be parallel to the ground at the bottom of the squat
- Pushup technique is a full range pushup with your hips level staying with your body throughout the movement (i.e. not dropping below your body)
- Women can use knees if you want but then you can't win the group challenge

(I would advise filming yourself so you can check your technique and if you win the challenge that we believe your time).

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



SKILL CHALLENGE OF THE WEEK

20m Hitting Target Practice (10 sets x 10 reps)

Mark out 20m or use the 25yard line on a hockey pitch (if you have access to astroturf).

Place two cones (or a goal) two stick lengths apart from each other, stand 20m away and aim to get the ball into the goal (i.e. between the cones).

Aim: Test and track your forehand hitting accuracy from a standing position

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 winner is the one with the highest total score (out of 100)

If you prefer you can combine this with the fitness challenge so that you complete 10 sets x 10 hits, doing the fitness challenge (10-1 squat & pushup) between each set.

Scoring:

Rate yourself out of 10 for each set. For example if you hit the target 4 times out of 10, your score for that set will be 4.

YOUR SCORE:					
	Set 1	Set 2	Set 3	Set 4	Set 5
Score rating out of 10					
	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

Pre-Game Smoothie Boost (Recipe)

This tasty smoothie can be consumed before a game to kick start your energy levels, which is particularly useful for those early morning games.

Best time to consume: 1-2 hours before the game

Ingredients:

- 5 fresh strawberries
- 10 raspberries
- 1 banana
- Orange juice
- Ice cubes

* **Optional:** For a thicker base you can swop the orange juice for natural yoghurt

Instructions: Add all ingredients into a blender until smooth





MINDSET CHALLENGE OF THE WEEK

Set yourself a goal to work towards for the next 12 months using this worksheet

Goal Setting Worksheet	
Question	Your answer
What would you like to achieve in the next 12 months?	
What exactly do you have to do to achieve this goal?	
Why is this goal important to you? <i>Go deep here (beyond because I love it...)</i>	
How will you feel once you achieve this goal?	
What will it look like to achieve this goal? This is the visual image of what it will be like... (i.e. I'll make more leads because I'll be fitter, smiling more often, high fives when I score goals, picking up the player of season trophy, wearing first team uniform, etc)	