

Name:



# 30 DAY HOCKEY CHALLENGE

## WEEK 4 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

**THE ONLY WAY  
TO SUCCEED  
IS TO NOT  
WORRY ABOUT  
WHAT ANYONE  
ELSE IS DOING**



## FITNESS ASSESSMENTS

### RETEST

Complete all of the below exercises to measure your progress from week 1

	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, **doing the week 1 version at least once to compare your time to when you first completed it.**

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

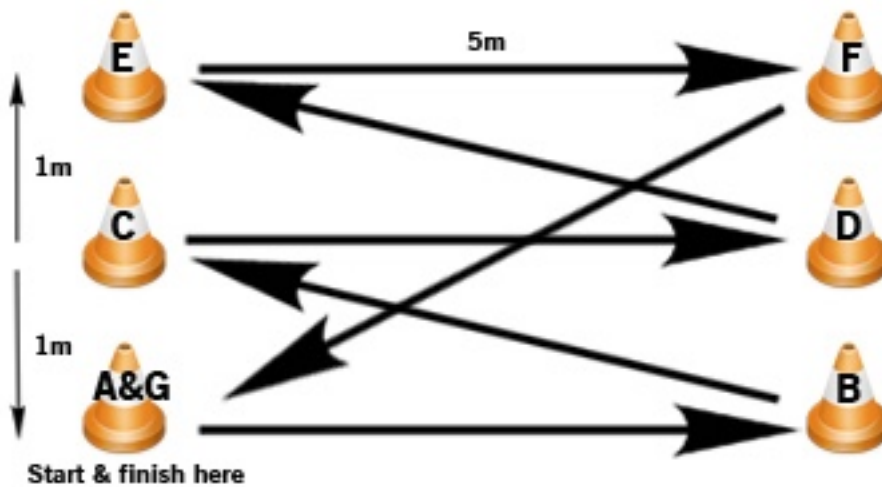
### PROGRESS TRACKER

	Session 1	Session 2	Session 3	Session 4
Time:				



## FITNESS CHALLENGE OF THE WEEK

### 6 x 5m Lateral Shuffle (for time)



*Place 6 cones or markers down, 3 on each side 5m apart (see image)*

Start at A, lateral shuffle to B, then to C, D, E, F and finish at G (start point), touching each of the cones.

**Aim:** Test your lateral acceleration

Complete the challenge as quick as possible, making a note of your time.

*\* 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

### First Touch Practice Using A Tennis Ball

Find a wall that you can use to bounce a tennis ball on. Using your stick flick the ball up onto the wall and get into a position to trap it. Focus on using soft hands to receive the ball under control without it bouncing off your stick.

**Aim:** Test your first touch receiving ability

**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)

**Scoring:**

Rate yourself out of 10 for each set. For example if you maintain full control of the ball without it bouncing off your stick 7 times out of 10, your score for that set will be 7.

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

Are you re-fueling within 30-60 mins after games, training or workouts? Eating after exercise, particularly intense exercise like a hockey is crucial for recovery.

**Depending on the level of intensity your post game meal should include:**

- 20-30g good quality protein (which aids muscle repair caused from exercise)
- 0.6-1.2g carbohydrates per kg of body weight with 1 hour (to replenish muscle glycogen)

### Post Game Meal Idea: Chicken Fajitas

#### **Ingredients:**

- Chicken
- Green or red peppers
- Onion
- Tortillas
- Guacamole
- Salsa
- Sour cream
- Paprika
- Oil or butter



***Optional:*** you can marinade the chicken before hand with cumin, paprika, salt, pepper, lemon juice, garlic, chili (or any other spices of your choice).

#### **Instructions:**

1. Heat the pan with a dash of oil or butter
2. Add the chicken and onions and cook until browned, then add peppers  
(*Optional:* you can warm the tortillas up either in the oven or flash fried in the pan)
3. Remove from stove and add contents to your tortilla
4. Add salsa, sour cream and guacamole and wrap it up



## MINDSET CHALLENGE OF THE WEEK

Use this worksheet to think back to your proudest moments when you felt confident, highlighting some of your best moments and memories.

Reflecting on Your Best Moments	
Question	Your answer
<p>What is the best moment you have ever experienced in hockey?</p> <p>Write out what happened in as much detail as possible...</p> <p><i>(Spend 5-10 mins re-living that moment)</i></p>	
<p>Think of a time when you felt most confident (it doesn't have to be hockey related)...</p> <p>Write as much about that moment that you can remember, what it felt like, what your body language look liked, etc</p>	