

# Field Hockey Off Season Resistance Training

	Date:	Date:	Date:	Date:
<b>Power</b>				
1-Leg DB Swings - L&R	2 x 5 each leg	2 x 5 each leg	3 x 5 each leg	3 x 5 each leg
<b>Core Circuit</b>				
Circuit #1	3 x 12	3 x 12	3 x 12	3 x 12
<b>Circuit 2</b>				
Pull Ups (Assisted if nec.)	2 x 10	2 x 10	3 x 8	3 x 8
DB Plus Lunge	3 Rotations	3 Rotations	3 Rotations	3 Rotations
Bosu Incline Push Ups	2 x 10	2 x 10	3 x 8	3 x 8
<b>Circuit 3</b>				
Goblet Squat	2 x 10	2 x 10	3 x 10	3 x 10
Wrist Curl	2 x 10	2 x 10	2 x 15	2 x 15
Reverse Curl	2 x 8	2 x 8	2 x 12	2 x 12
1- Leg Stand Up - L&R	2 x 10	2 x 10	3 x 8	3 x 8

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<b>Power</b>				
1-Leg DB Snatch - L&R	2 x 5 each leg	2 x 5 each leg	3 x 5 each leg	3 x 5 each leg
<b>Core Circuit</b>				
Circuit #2	3 x 12	3 x 12	3 x 12	3 x 12
<b>Circuit 2</b>				
Bent Over DB Row - L&R	2 x 10	2 x 10	3 x 10	3 x 10
DB 1-Leg SLDL - L&R	2 x 10	2 x 10	3 x 8	3 x 8
Standing DB Press	2 x 10	2 x 10	3 x 10	3 x 10
<b>Circuit 3</b>				
1-Leg Elevated Hip Lift	2 x 10	2 x 10	3 x 8	3 x 8
Wrist Roller	1 Rotation Up and Down	1 Rotation Up and Down	1 Rotation Up and Down	2 Rotations Up and Down
Hip Abduction Machine	2 x 10	2 x 10	2 x 15	2 x 15

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<b>Power</b>				
1-Leg DB Swings - L&R	2 x 5 each leg	2 x 5 each leg	3 x 5 each leg	3 x 5 each leg
<b>Core Circuit</b>				
Circuit #4	3 x 12	3 x 12	3 x 12	3 x 12
<b>Circuit 2</b>				
DB Upright Row	2 x 10	2 x 10	3 x 8	3 x 8
1-Leg Press - L & R	2 x 10	2 x 10	2 x 15	2 x 15
DB Front & Lateral Raise	2 x 10	2 x 10	3 x 8	3 x 8
<b>Circuit 3</b>				
Goblet Squat	2 x 12	2 x 12	3 x 8	3 x 8
Wrist Roller	1 Rotation Up and Down	1 Rotation Up and Down	1 Rotation Up and Down	2 Rotations Up and Down
Hip Abduction Machine	2 x 12	2 x 12	3 x 8	3 x 8

	Date:	Date:	Date:	Date:
<b>Power</b>				
1-Leg DB Snatch - L&R	2 x 5 each leg	2 x 5 each leg	3 x 5 each leg	3 x 5 each leg
<b>Core Circuit</b>				
Circuit #3	3 x 12	3 x 12	3 x 12	3 x 12
<b>Circuit 2</b>				
Lat Pull Downs	2 x 10	2 x 10	2 x 15	2 x 15
DB Plus Lunge	3 Rotations	3 Rotations	3 Rotations	3 Rotations
Standing DB Press	2 x 10	2 x 10	3 x 8	3 x 8
<b>Circuit 3</b>				
DB 1-Leg SLDL	2 x 10	2 x 10	3 x 8	3 x 8
Wrist Curl	2 x 10	2 x 10	3 x 8	3 x 8
Reverse Curl	2 x 10	2 x 10	3 x 8	3 x 8
Elevated Hip Lift	2 x 10	2 x 10	3 x 10	3 x 10

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## Core Routines

**Circuit #1:** Medicine Ball Standing Wall Bounces - quick, hard bounces off the wall

- Side Bounce, Facing Wall, Left and Right
- Side Bounce, Right (Facing Left) and Left (Facing Right)
- Low Side Bounce, Facing Wall, Left and Right
- Low Side Bounce, Right (Facing Left) and Left (Facing Right)
- Rotational Slams

**Circuit #2**

- Pavel Sit Up: Toes up, Heels Down on the Ground, Quick, Explosive
- Straight Arm Back Hyperextension, Slow and deliberate to the Ground, Explode during Extension
- Straight Arm Prone Plank March: March your arms in and out, Make Your Body as Long as Possible
- High Bar Rotation

**Circuit #3**

- Physioball Weighted Reach Up
- Reverse Hyperextensions
- Cable Stability Press Down, Facing Left and Right
- Cable Stability Press Out, Facing Left and Right

**Circuit #4**

- Lunge Cable Stability Press Down, Facing Left and Right
- Lunge Cable Stability Press Out, Facing Left and Right
- High Bar Rotation
- Rotational Slams