

Harrisburg Academy
2010 Varsity Field Hockey Season

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Important Player Information

- **MANDATORY** pre-season practice begins Monday, August 16 for grades 9-12 from 9:00-11:00 a.m. Practice times are Monday-Friday at the Academy.
 - All players are required to attend preseason practice
 - Schedule all other appointments and commitments around field hockey practice
 - Check game and practice schedules at www.highschoolsports.net

- A physical exam, dated after June 1, 2010, is required. Download forms from www.harrisburgacademy.org/Athletics or at www.piaa.org.
 - You must have your physical before the start of the first practice. You will not be permitted to practice without a physical.
 - Harrisburg Academy sponsored physicals are August 16 from 10:30 –11:30 a.m. at the Academy.
 - Players from Trinity are encouraged to attend their school sponsored physicals.

- Bring the following equipment with you to every practice
 - Field hockey stick (if buying a new stick, - see handout)
 - Shin guards
 - Mouth guard (must be colored, not clear or white)
 - Cleats
 - Running sneakers (in the event practice is held indoors due to inclement weather)
 - Water bottle
 - Extra sock (to cover the end of your stick for indoor practices in the gym)
 - * Inhaler (if needed)

- Once school is in session, regular season practice will be held from 3:45-5:45p.m.

- For all practices, be dressed (with shin guards and cleats on) and ready to take the field on time. Arrive early if you need to change or see the athletic trainer.

- To complete your uniform, you will be required to purchase navy blue compression shorts, navy blue team socks, and gold team socks. You may purchase your compression

shorts at any sporting goods store. The team socks (\$5 per pair) must be purchased from Ms. Serino, the Athletics Director. (Optional: for under your uniform jersey in the event of cold weather: long-sleeved navy blue shirt for away games, white long-sleeved shirt for home games)

Coaches Expectations of Players

The coaching staff expects each player to:

- Attend ALL practices
- Be ready to start practice 10 minutes prior to the start time
- Be properly dressed and equipped
- Have your mouth guard with you on the field at all times and in your mouth during all appropriate drills
- Work on endurance, speed, strength, and basic hockey skills over the summer (it is highly recommended that you attend a camp)
- Come to preseason in good physical condition (see handout for summer conditioning program)
- Give 100% at every practice
- Be respectful to your coaches and teammates
- Display a positive attitude

By the first day of practice, all players are expected to be able to:

- Run 5 laps around the hockey field in 7 minutes or less.
- Do 3 sets of 10 push-ups and sit-ups
- Do 3 x 100 shuttles (20 seconds to run 100 yards and then a 40 second recovery back to the starting point. 3 shuttle runs in 3 minutes)

Summer Conditioning Program

Over the summer, we expect each player to work on their cardiovascular endurance, speed, strength, and basic hockey skills.

Each week, you should complete 6 days of training:

- 3 days of distance running for endurance
- 2 days of sprints for speed
- 1 day of another activity (tennis, swimming, biking, hiking, etc)
- 1 day off

In addition, you should incorporate 2-3 days of strength training into your weekly workout. Try to do this before your distance runs. On alternate days, work on your hockey skills and stick work.

Endurance Training

Choose from the following:

- 45 minute run. Chart your distance
- Run 2 miles. Strive to run each mile in 8:00 minutes or less
- Interval Running – which consists of:
 - 5 minute warm up run at a slow pace
 - 1 minute run at fast pace
 - 1 minute jog
 - Alternate 1 minute run & 1 minute jog for total of 10 minutes*
 - 30 second run at fast pace
 - 30 second jog
 - Alternate 30 second run & 30 second jog for total of 10 minutes*
 - 15 second run at fast pace
 - 15 second jog
 - Alternate 15 second run & 15 second jog for total of 10 minutes*
 - Finish with 5 minute cool down run at a slow pace
- 10 laps around a grass field (size of a hockey field) at your own pace
- Track Work Out
 - 4 x 400 with 30 second rest in between each 400 yard
 - Rest for 2 minutes
 - 10 x 200 with 30 second rest in between each 200 yard sprint

Speed Training

Choose a combination of the following:

- 10 x 100 yard sprints with 15 seconds between each 100 yard sprint
- Sprint 25 yards, walk 25 yards, jog 25 yards. Repeat 8-10 times
- Sprint 50 yards, jog 50 yards. Repeat 8-10 times
- Sprint 10 yards straight ahead; cut 10 yards to the right, 10 yards to the left. Repeat 10-15 times
- Shuttle sprints (also known as suicide runs). Sprint 10 yards, return, sprint 15 yards, return, sprint 20 yards, return, sprint 30 yards, return. Repeat 3-5 times
- Plyometrics
 - Butt kicks 50 yards and back
 - High knees 50 yards and back
 - High skips 50 yards and back
 - Grapevine 50 yards and back
 - Side slides 50 yards and back
 - Lunges 50 yards and back
 - Slow jog 50 yards and back

Strength Training

Some ideas for your lifting:

- Push ups: 3 sets of 12
- Chest press: 3 sets of 12
- Bicep curls: 3 sets of 12
- Tricep curls: 3 sets of 12
- Leg press: 3 sets of 12
- Hamstring curl: 3 sets of 12
- Leg extensions: 3 sets of 12
- Hip abductor: 3 sets of 12
- Hip adductor: 3 sets of 12
- Abs: Crunches for a minute, hold feet off ground for 1 minute, crunches on left and right sides respectively for one minute.

Hockey Skills

- Dribbling
 - Open dribble – pushing ball out in front and running on to it
 - Dribble with ball tight on the stick
 - Indian dribble – stick goes back and forth across the ball
 - Practice dribbling straight, and then cutting left and right
 - Dribble around obstacles
- Push passes
 - Push pass against a wall (curb, cement foundations, etc) – focus on hitting a target
 - With a partner – stationary and on the move
 - Alone in an open space – aim for a target. Dribble and pass to a target.
- Drives
 - Hit against a wall – focus on hitting a target
 - Practice driving with a partner, stationary and on the move
 - Alone in an open space – aim for a target. Dribble and drive to a target.
 - Do quick hits against a wall, 3 yards away – stop or trap the ball with one touch.
- Stick work
 - Yard stick pulls
 - Double pulls
 - Pulls up and back
 - Dodging
 - Pull to the left dodge
 - Pull to the right dodge
 - Spin dodges
 - Aerial dribble

Selecting a Field Hockey Stick

If you plan to purchase a new field hockey stick this season, there are several factors you should consider when making your stick selection. These factors include the weight of the stick, the length of the stick, what type of toe or head it has, the material the stick is made of, and the bow of the stick. While selecting the right stick is eventually a matter of personal preference, here are my recommendations:

- Purchase a medium weight (19-22oz) stick that is evenly balanced. Starting in January, 2009 a stick may not weigh more than 23 ounces.
- Choose a stick that is appropriate for your height – see chart below. If you're between two height ranges or at the top of a height range and you're unsure which size stick to buy, it's better to buy the next size up, rather than go with the shorter stick. Although, ultimately you have to be comfortable with the stick.
- Choose a stick with a "midi-toe". This kind of stick can be used to play any position.
- A wood or composite stick is fine. However, read the description of the stick before buying. Many will say they are made specifically for international play or advanced level collegiate players. Avoid purchasing one of these sticks, as they are much stiffer – they give increased power, but because of the stiffness it's much harder to stop and control the ball on the stick. Find a stick that has more flexibility to it.
- Choose a stick with a bow of less than 25mm. Players at this level do not need a highly bowed stick.

Please note, P.I.A.A. rules state that *effective January 1, 2009 a player's stick shall weigh no more than 23 ounce and not to exceed a bow of 25 mm which must be visible and permanently labeled on the stick.* Therefore, if you plan to buy a stick and use it for the next several years, make sure your stick is properly labeled in order to comply with this rule.

Balance & Weight

Get a "feel" for the stick. It should be well balanced and feel comfortable in your hands. Depending on your preference, the weight may be evenly distributed throughout the length of the stick or concentrated in the stick's toe or head. The weight in the toe should not be so much as to limit your stick speed when playing the ball.

Field hockey sticks range in weight from light (18 oz. to 19 oz.), to medium (19-22 oz), to heavy (22 oz to FIH maximum 25.9 oz [737 grams]). Most players will use a stick in the medium range. Generally, forwards prefer a lighter stick for quick maneuvering in the circle while defenders often choose a heavier stick for powerful clearing hits and to prevent attackers from casually "pushing" the stick aside.

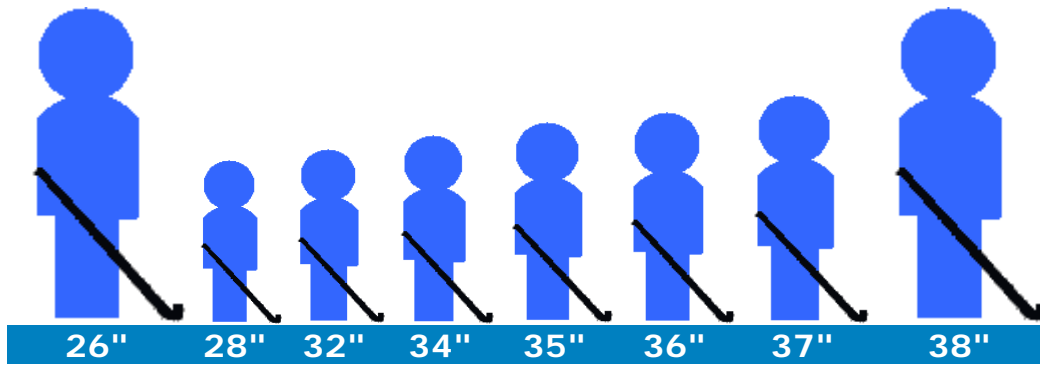
Length of Stick

Field hockey sticks range in length from 26 & 28-inch youth sticks to 38-inch sticks for taller and more experienced players.

While the length of the stick is often determined by height, players often select the longest stick they can handle comfortably.

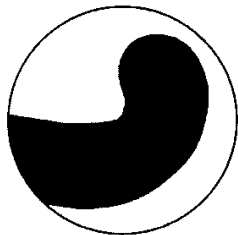
The chart below shows the general guideline for choosing the appropriate length stick.

Up to 4' 4'-4'3 4'-4'6 4'-7'-5' 5'-1'-5'3 5'-4'-5'6 5'-7'-5'8 5'-9' +



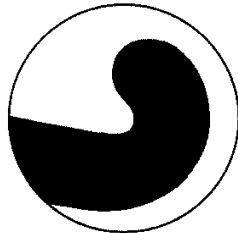
Toe Length

The "toe" or "head" of the stick may also vary depending on your position or style of play.



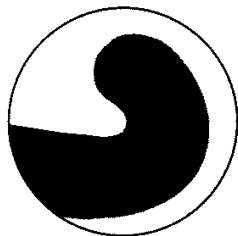
Shorti

The "shorti toe" features a one-piece head to allow quick maneuverability around the ball.



Midi

The "midi toe" features an increased hook surface and slightly longer length to allow a larger hitting and stopping area to facilitate receiving, flicking and reverse stick play.



Hook

A "hook toe" hooks up to provide the maximum surface for receiving and a larger sweet spot for hitting.

Flexibility & Stiffness

A flexible stick that absorbs shock is often the stick of choice for beginning or novice players. Flexible sticks tend to be more durable than their stiffer counterparts.

Advanced players may opt for a stiffer stick for increased power

Manufacturers may add a variety of reinforcing materials to the stick to add strength and durability or promote either stiffness or flexibility. Fully composite and fiberglass sticks are legal at the collegiate and high school level, and revised international definitions of the stick at the international level allow the stick to "be made of or contain wood or any material

other than metal or metallic components, provided it is fit for the purpose of playing hockey and is no risk to health."

- **Fiberglass:** A basic material reinforcing the handle. Fiberglass adds strength and durability. Fiberglass reinforcement also helps to prevent wear.
- **Carbon (or graphite):** One of the most effective stiffening materials. The added stiffness in the handle allows for increased hitting power for experienced players. However, in cold temperatures, a stick with carbon tends to transmit the shock from the head, through the shaft up to hands. Players should consider playing conditions, such as temperature when selecting a stick.
- **Kevlar® (or Aramide):** Adds strength to the handle while dampening the vibration to the hands. The more Kevlar in the stick, the less shock is felt, yet the fibers still allow for flexibility and a smooth "feel" of the ball when hitting and receiving. Kevlar is a manmade organic fiber produced by DuPont used in a wide variety of applications such as bullet-proof vests, tires, fibre optic cables and sporting goods.
- **Dyneema®:** Added over the stiffening and strengthening materials at the base of the shaft for impact resistance. Dyneema is a polyethylene fiber characterized by its high impact strength and high energy absorption qualities.