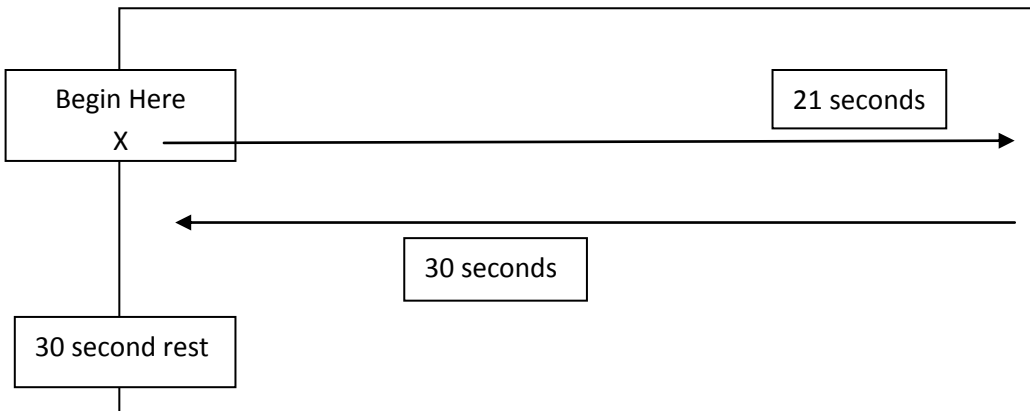


WHS Field Hockey Fitness Markers

1. 21s

You will begin on the end line. You have 21 seconds to get to the opposite end line. You have 30 seconds to return to the original end line. You have a 30 second break.

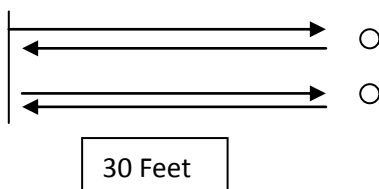
Repeat this 9 times. You should be able to stay under 21 seconds down and 30 seconds back through 9 of these in a row.



2. Shuttle Run

Create a starting line. Place two field hockey balls 30 feet in front of that line. With toes behind starting line, begin by sprinting to the first ball, pick it up and place it on the starting line. Sprint to the second ball and do the same.

You should be able to finish this in less than 10 seconds.



3. 50 Yard Dash

Start on the end line. Sprint through the midfield line.

You should be able to finish this in less than 7.5 seconds.

4. Quarter Mile Run

One lap around the track

You should be able to finish this in less than 1 minute and 40 seconds.

5. Mile

Four laps around the track

You should be able to finish this in less than 7 minutes and 45 seconds.

6. 2 Mile

8 laps around the track

You should be able to finish this in less than 16 minutes.

7. One Minute Challenge

You should be able to finish the number of each exercise listed in one minute.

Pushups: 25

Sit Ups: 40

Burpees: 16

Mountain Climbers: 140

Plank Shoulder Taps: 65

8. Stick Skill Challenges

One Yard Stick Pulls: 100 in 1 Minute

Air Dribble: One Full Minute with control

Right Hand Only 50 Yard Dribble: 9 seconds

Left Hand Only 50 Yard Dribble: 9 seconds

Close Two Hand 50 Yard Dribble: 8 seconds

Rapid Fire Shots on Goal on the Circle: 8 out of 10 strong

Strokes: 4 out of 5 strong

Other Skills

1. Alphabet Stick Pull

2. Indian Dribble

3. Dodges : Spin, Pull Right, Pull Left, "Y" Dodge, Pull Left and Lift, Pull Right and Lift, Pop Dodge, etc.

4. Consistent, Strong Flicks, Passes, Hits, Sweeps