



Hawks At Home

A 2-week training program to be done from your own home!
Prepared by Men's National Team players Oliver Scholfield and John Smythe

WEEK 2

Skill Level:
Beginner

Warm-Up

- 10 Jumping Jacks
- 5 Arm Circles (each direction)
- Running on the spot for 30 seconds
- Stretching

THEMES:

- Left hand strength
- 3D skills

TIP:

Doing the most basic exercises repeatedly will help you improve all aspects of your game!

Do these simple exercises 2-3 times throughout the week wherever you can. If you want to protect your floors (or your neighbours), you can use a softer ball for the 3D skills!

Exercise 1

Yard Sticks

- Place 2 cones/items in front of you, 1 stick length apart.
- Drag the ball back and forth between the two items, turning your stick over the ball each time (Indian dribble)
- Do 10 drags then take a break. Repeat 3 times.
- **Challenge:** See how many drags you can do without losing control!

Exercise 2

Wide drags

- Place 2 cones/items in front of you, 2 stick lengths apart.
- Keeping your feet stationary drag the ball from right to left, then left to right.
- Do 10 drags then take a break. Repeat 3 times.
- **Challenge:** See how wide you can make your drags without moving your feet!

FOCUS:

- Keep the ball on the stick as much as possible
- No 'tapping' sound

Remember to move any breakable objects away from your practice area!

For video demonstrations of each exercise, visit www.vancouverhawks.com/hawksathome

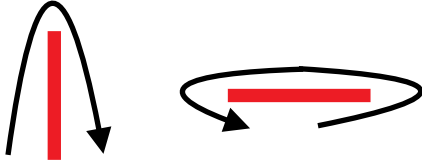


The left hand does all the work when we dribble so we need to keep it strong!

Exercise 3

1-Handed Dribbling

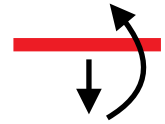
- Place a broomstick on the ground pointing away from you.
- Using only your left hand, dribble up and around the end of the broomstick and back to where you started. Do this 5 times each direction.
- Now flip the broomstick so it is horizontal and do the same thing but going around the broomstick sideways. Do this 5 times each direction.



Exercise 4

Forward Lifts

- Place a broomstick on the ground horizontal to your feet.
- Pull the ball back towards you slowly then lift the ball over the broomstick, controlling the ball on the other side.
- Bring the ball back to where you started and repeat until you've successfully done it 10 times.
- **Challenge:** See how many you can do in a row without messing up!



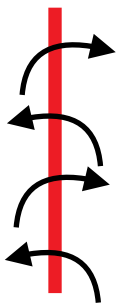
TIP:

- Get your right hand as close to the ground as possible

Exercise 5

Angled Lifts

- Place a broomstick on the ground pointing away from you.
- Using the same technique as before, lift the ball on an angle from one side of the broomstick to the other and control it on the other side.
- Then lift the ball on an angle going back to the other side of the broomstick, continuing until you're at the end.
- Go the whole length of the broomstick 5 times then take a break. Repeat 3 times.



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