



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 1

Skill Level:
Expert

Warm-Up

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

THEMES:

- Ball control
- Speed of drags

FOCUS:

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

Do these simple exercises 2-3 times throughout the week, in a garage, on carpeted floor or something soft like a yoga mat.

Exercise 1

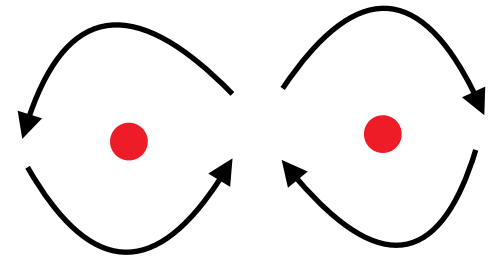
Yard Sticks

- 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 20 drags then take a break. Repeat 3 times.
- **Pyramid Challenge:** Do 60 drags, 60 seconds plank, then 50 drags, 50 seconds plank... all the way down to 0!

Exercise 2

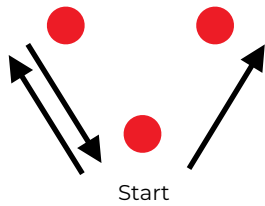
Figure 8s

- Place 2 cones/items in front of you, 1 stick length apart
- Keeping the ball on your stick at all times, drag it around the cones in the shape of a number 8.
- Do this for 60 seconds then take a break. Repeat 3 times.



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

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



Exercise 3

V-Drags

- Place 3 cones/items in front of you in the shape of a 'V', they should all be 1 stick length apart.
- Starting with the ball at the bottom of the 'V', move the ball to one of the cones then drag it back to bottom and quickly to the other cone
- Reset the ball back to the bottom of the 'V' and repeat going to the other side first.
- Do this 15 times on each side then take a break. Repeat 3 times.

FOCUS:

- Ball control
- Position of ball relative to the body

Exercise 4

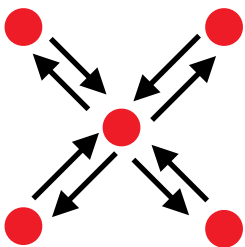
Small-Small-Big

- Place 2 sets of cones/items in front of you, with 1 stick length between the 2 sets.
- Starting with the ball in front of one of the sets, do 2 small drags, then one big drag to the other set of cones. Repeat going back the other way.
- **Pyramid Challenge:** Do 10 drags, 10 push ups, then 9 drags, 9 push ups... down to 0!



Tip: Take a big step to the side when you do your big drag

Make sure to drag the ball **around** each cone!



Exercise 5

Dice Drill

- Place 4 cones/items in a square, with 1 cone/item in the middle (forming the number 5 on a dice)
- Starting with the ball in the middle, drag it to each of the outside cones, returning to the middle after each one.
- Complete the entire circuit 4 times then take a break. Repeat 4 times.
- **Challenge:** See if you can go all around the dice in less than 10 seconds!

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