



# 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:  
**Expert**

## Warm-Up

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

### **THEMES:**

- Left hand strength
- 3D skills

### **FOCUS:**

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

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

### 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 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

### 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 10 times each direction.
- Now flip the broomstick so it is horizontal and do the same thing but going around the broomstick sideways. Do this 10 times each direction.

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



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

For video demonstrations of each exercise, visit [www.vancouverhawks.com/hawksathome](http://www.vancouverhawks.com/hawksathome)



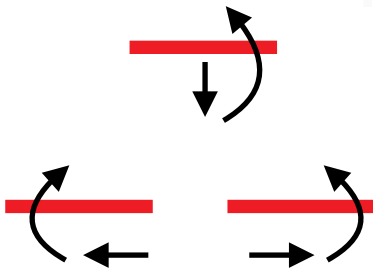
**TIP:**

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

## Exercise 3

### Forward Lifts

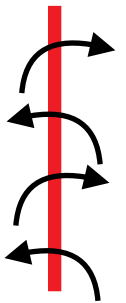
- Place a broomstick on the ground horizontal to your feet.
- First pull the ball back towards you and lift over the broomstick, controlling it on the other side.
- Then drag from left to right and lift the ball over.
- Then drag from right to left and lift the ball over.
- Alternating between them, do 10 of each then take a break. Repeat 2 times.



## Exercise 4

### Angled Lifts

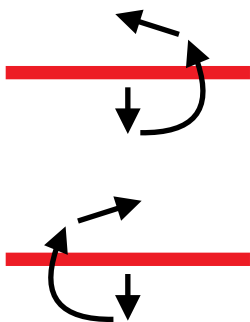
- Place a broomstick on the ground pointing away from you.
- Using the same technique as before, lift the ball on an angle from one side of the broomstick to the other and control it on the other side.
- Then lift the ball on an angle going back to the other side of the broomstick, continuing until you're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



## Exercise 5

### Double Tap

- Place a broomstick on the ground horizontally in front of you.
- Using the same technique, lift the ball up and when it's in the air, tap it to the left, then control it on the other side.
- Next time it's in the air, turn your stick over and use the backhand to tap it to the right.
- Alternating between these, do 10 of each then take a break. Repeat 2 times.



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