



# Hawks At Home

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

**WEEK 4**

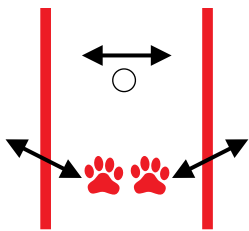
Skill Level:  
**Expert**

## Warm-Up

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

### **THEMES:**

- Total ball control on the ground and in the air



Do these simple exercises 2-3 times throughout the week wherever you can in your house, your garage or your yard.

## **Exercise 1**

### Fast Feet Dribbling

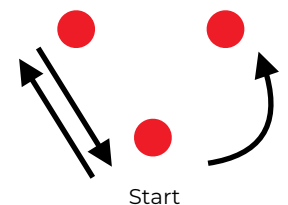
- Place 2 field hockey sticks or long objects laying in front of you, pointing away from you and about 1 stick length apart.
- Start by standing in between the 2 sticks with a ball.
- The aim is to always be dribbling in between the sticks while you move both of your feet over one of the sticks, back to the middle, and then over the other stick.
- Do this for 60 seconds then take a break. Repeat 3 times.

## **Exercise 2**

### V-Drags with a Lift

- Place 3 cones/objects in the shape of 'V' in front of you.
- Starting at the middle cone, move the ball up to one of the cones, then back to the middle cone, then lift the ball towards the other top cone.
- Then bring the ball back to the middle cone and do the same going the other way.
- Do this 15 times each way then take a break. Repeat 3 times.

**TIP:** Anticipate where the ball will be with good footwork and get your hands close to the ground



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)



Make sure you do this one with lots of space and nothing breakable around you!

## Exercise 3

### Bucket Challenge

- Place a bucket or a bin about 2 stick lengths away from you.
- Get as many balls as you have and one at a time try to push/lift the ball into the bucket.
- Collect the balls back and repeat until you've scored 10 shots.
- Then move the bucket 1 stick length further away from you and do the same.
- **Challenge:** See how many you can get in a row!
- **Note:** If you can do this outside, that's the best. If you have to be inside, you can use softer balls (e.g. tennis balls) to make sure nothing gets broken!

## Exercise 4

### Advanced Bucket Challenge

- Use the same bucket as before, about 2 stick lengths away from you.
- Starting with the ball on the ground, pull it back towards you slightly and lift it up, but keeping it on the stick.
- Carry the ball to the bucket and place it in it.
- Repeat this 10 times then move the bucket further away from you and do the same.
- **Challenge:** See how far away you can start and still get it in!

Check out our own obstacle courses on our website!

## Exercise 5

### Obstacle Course

- Place as many objects as you want in any pattern you'd like all around your available space.
- Make sure to incorporate as many of the skills learnt during the Hawks At Home program as possible.
- Try to finish the obstacle course with a lift or carrying the ball into a bucket.
- **Challenge:** Send in a video of you completing your course to [manager@vancouverhawks.com](mailto:manager@vancouverhawks.com) and we'll feature the best ones on our website and social media!

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)