



# 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:  
**Intermediate**

## 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 10 drags, 10 jumping jacks, then 9 drags, 9 jumping jacks... 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)

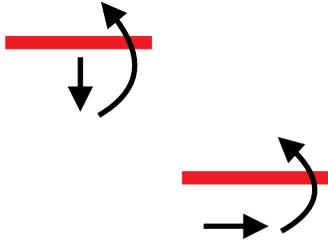


**TIP:**

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

### Exercise 3

#### Forward Lifts

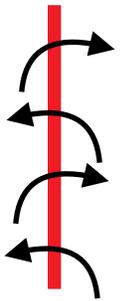


- Place a broomstick on the ground horizontal to your feet.
- Pull the ball back towards you slowly then lift the ball over the broomstick, controlling the ball on the other side.
- Bring the ball back to where you started and repeat until you've successfully done it 10 times.
- Now try dragging the ball sideways before lifting it over. Do this until you've successfully done 10.

### Exercise 4

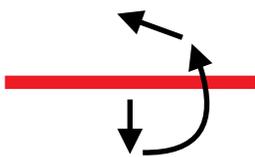
#### Angled Lifts

- 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 to keep one foot on either side of the broomstick the whole time!



**TIP:**

Anticipate where the ball will be and keep it close to your stick



- 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.
- Do this 10 times then take a break. Repeat 3 times.

### Exercise 5

#### Double Tap

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

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