**Field Hockey Drills/Exercise Workouts**

**From: Pace University Field Hockey**

**DRILLS & COMPETITION**

1. **Cone dribbling ideas**



2. **Straight line of cones spread out – pulls at each cone**

* Right pull
* Left pull
* C dodge
* Pull left lift right
* Pull right lift left
* Slalom
* Indian dribble
* Spin dodges

3. **Ladder workouts**

* two feet in each space, go through ladder holding stick balancing ball on stick
* two feet in each space, bouncing ball up and down on stick

4. **Yard stick**

* standing still Indian dribble – count how many times you can go back and forth in 60 seconds – try and beat score each day.

5. **Aerial competitions**

* how many times can you bounce ball up and down on stick?
* how long can you balance ball on stick?
* bounce ball on all sides of the stick without it touching the floor

**CHALLENGES**

1. **Stick balance challenge**



* grab 2 hockey sticks
* hold one stick on the edge of the hook of another one

**2. Toilet paper challenge**

* Grab a toilet paper and stick
* Try to do ten touches in the air

**EXTRA \*\* Hockey drill videos: Instagram – “complete hockey coaching”**

**FUN CARDIO**

