

**PENFIELD FIELD HOCKEY
AGILITY/SPEED TRAINING**

Week	1	2	3	4	5	6
Exercise	Volume	Volume	Volume	Volume	Volume	Volume
Fast feet: forward & Backwards	2 x 10 yd	2 x 10 yd	2 x 10 yd	2 x 10 yd	2 x 10 yd	2 x 10 yd
High-knee skip	2 x 10 yd	2 x 20 yd	2 x 20 yd	2 x 30 yd	2 x 30 yd	2 x 30 yd
Power Skip	4x 20 yard	4x 20 yard	4x 20 yard			
Heel kick	2 x 10 yd	2 x 20 yd	2 x 20 yd	2 x 30 yd	2 x 30 yd	2 x 30 yd
Scramble Acceleration(from ground)	4 x 10 yd	4 x 10 yd	4 x 10 yd	4 x 10 yd	4 x 10 yd	4 x 10 yd
2-point Acceleration	4 x 10 yd	4 x 10 yd	4 x 10 yd	4 x 10 yd	4 x 10 yd	4 x 10 yd
Shuttle Drill	5 sets			3 sets	4sets	5 sets
Cutting drill		4 x 6 cones (5 yd apart)		2 x 6 cones (5 yd apart)	3 x 6 cones (5 yd apart)	4 x 6 cones (5yd apart)
I-drill			5 sets	3 sets	4 sets	5 sets