

Pine-Richland Field Hockey × 1000's Club

See Pine-Richland Field Hockey You Tube Channel for 1000s Club Playlists

Use Tracking Sheet to record reps. REMEMBER TO TOTAL THE COLUMNS AND RECORD THE OVERAL TOTALS.

FIELD PLAYER:

Complete 1000's reps of each of the following skills using a combination of the various drills provided:

Click for YouTube PlayList: [1000's Club - Field Player YouTube Playlist](#)

1. Pulls – Perform 1000 pulls each day
2. Dribbling – 10 yards = 1 rep
3. Dodges
4. Lifts & Overheads
5. Push, Hit, Sweeps & Chip
6. Shots, Strokes & Drag Flicks

GOALIE

Complete 1000's reps of each of the following skills using a combination of the various drills provided:

Click for YouTube PlayList: [1000's Club - Goalie YouTube Playlist](#)

1. Wall Ball – Perform 1000 total reps each day of a tennis ball against a wall rotating both hands and both feet without equipment on
2. Footwork
3. Slides

Complete 1000's balls for each of the following skills using a combination of the various drills provided:

4. Glove & Stick Saves
5. Foot & Leg Saves
6. Dive & Slide Saves