

U16 GIRLS COMPETITION PHYSICAL PREPARATION

June-July 2025



**ENGLAND
HOCKEY**

COMPETITION PHYSICAL PREPARATION PROGRAMME

If you have hockey (or similar) training on the same day as a conditioning session, complete a TOP UP volume session after training, otherwise complete the session as a volume session.

Please see the schedule on the next slide and details of each session. Make sure you warm up appropriately before each on feet session. See appendix for warm up and mobility session options.

SCHEDULE: U16 GIRLS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|-----------------------------|-----------------|----------------------------|-----------------------------------|-------------------------|----------------------------|
| 02-Jun | 03-Jun | 04-Jun | 05-Jun | 06-Jun | 07-Jun | 08-Jun |
| Speed Max Velocity | Strength Gym | Rest & Recovery | Speed Acceleration | Strength Gym | Rest & Recovery | Conditioning Long Interval |
| Conditioning Long Interval | Conditioning Short Interval | | Conditioning Long Interval | Conditioning Short Interval | | |
| 09-Jun | 10-Jun | 11-Jun | 12-Jun | 13-Jun | 14-Jun | 15-Jun |
| Speed Max Velocity | Strength Gym | Rest & Recovery | Speed Acceleration | Rest & Recovery | Training day (regional) | Rest & Recovery |
| Conditioning Long Interval | Conditioning Short Interval | | Strength Gym | | | |
| 16-Jun | 17-Jun | 18-Jun | 19-Jun | 20-Jun | 21-Jun | 22-Jun |
| Speed Max Velocity | Strength Gym | Rest & Recovery | Speed Acceleration | Strength Gym | Rest & Recovery | Conditioning Long Interval |
| Conditioning Long Interval | Conditioning Short Interval | | Conditioning Long Interval | Conditioning Short Interval | | |
| 23-Jun | 24-Jun | 25-Jun | 26-Jun | 27-Jun | 28-Jun | 29-Jun |
| Speed Max Velocity | Speed Acceleration | Strength Gym | Rest & Recovery | Training camp V Germany / Belgium | | |
| Strength Gym | Conditioning Short Interval | | | | | |

SCHEDULE: U16 GIRLS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-----------------|--------------------|-----------------|--------------------------------|-----------------|-----------------|
| 30-Jun | 01-Jul | 02-Jul | 03-Jul | 04-Jul | 05-Jul | 06-Jul |
| Rest & Recovery | Rest & Recovery | Speed Max Velocity | Rest & Recovery | Training camp (Lil) | | |
| | | Strength Gym | | | | |
| 07-Jul | 08-Jul | 09-Jul | 10-Jul | 11-Jul | 12-Jul | 13-Jul |
| Rest & Recovery | Rest & Recovery | Speed Max Velocity | Rest & Recovery | Travel 8 Nations (Netherlands) | | |
| | | Strength Gym | | | | |
| 14-Jul | 15-Jul | 16-Jul | 17-Jul | 18-Jul | 19-Jul | 20-Jul |
| | | | | | | Rest & Recovery |
| 21-Jul | 22-Jul | 23-Jul | 24-Jul | 25-Jul | 26-Jul | 27-Jul |
| Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery |

SPEED

**Max velocity (top speed)
Acceleration**

Make sure you warm up properly before speed sessions!

SPEED SESSIONS

| Speed Max Velocity | | | | RPE |
|--------------------|--|------|----------------|-----|
| Order | Exercise | Reps | Rest | |
| 1 | Build to Max Velocity Slow build up to top speed, once you hit top speed decelerate slowly | 2 | Slow Walk Back | 8 |
| 2 | Flying 10m Slow build up to top speed, once you hit top speed maintain for 10m then decelerate slowly | 2 | Slow Walk Back | 9 |
| 3 | <u>40m Max Sprint</u> Sprint 40m as fast you can | 2 | 2 minutes | 10 |

| Speed Acceleration | | | | RPE |
|--------------------|---|------------------|-------------|-----|
| Order | Exercise | Reps | Rest | |
| 1 | <u>10m Acceleration</u> From a standing start sprint 10m as fast as possible | 2 | 1 minute | 10 |
| 2 | <u>20m Acceleration</u> From a standing start sprint 20m as fast as possible | 3 | 1.5 minutes | 10 |
| 3 | <u>505 Sprint</u> From a standing start sprint 15m out, turn 180° and sprint 5m back | 2 Left + 2 Right | 1.5 minutes | 10 |

CONDITIONING

Long interval 2 min

Long interval 90 seconds

Short interval 20 seconds

High speed running 16 seconds

Off feet conditioning

CONDITIONING LONG INTERVAL- 2 MIN

Aim to complete the sessions as directed in the schedule.

Sessions are ideally completed on a hockey pitch, but can be done on a track or other-sized pitch.

Treadmill should be last option

| | | Sets x Reps | | |
|--|--------------------------------|--|--------------|----------|
| Long Intervals | Session | Volume | Top Up | RPE |
| <p>A longer duration, low impact session aimed at developing aerobic fitness and endurance.</p> <p>These sessions support the ability to run at higher intensity for longer by building an aerobic base. Improving 16PL.</p> | <p>2 mins on 1 min off</p> | <p>2 x 6 (3 min rest between sets)</p> | <p>1 x 6</p> | <p>5</p> |

CONDITIONING SHORT INTERVAL- 20 SECOND

Aim to complete the sessions as directed in the schedule.

Sessions are ideally completed on a hockey pitch, but can be done on a track or other-sized pitch.

Treadmill should be last option

| | | Sets x Reps | | |
|--|--|--------------|--------------|----------|
| Short Intervals | Session | Volume | Top up | RPE |
| <p>A higher speed session aimed at improving recovery between high intensity efforts.</p> <p>These sessions enable you to recover better between high intensity periods of play.</p> | <p>20s on 20s off rest 2 mins between sets</p> | <p>2 x 8</p> | <p>1 x 8</p> | <p>7</p> |

CONDITIONING SESSION OPTIONS

| Type | Session | What? | Sets x reps | RPE | Total time | Notes |
|---------------------------|---|---|---------------------------------------|-----|------------|---|
| On Pitch | Boys: 19-20s pitch lengths Girls: 22-23s pitch lengths | Long interval. Run for 90s Rest for 90s | 1 x 6 | 6 | 18 minutes | Start on baseline, running baseline to baseline. If you cannot complete the pitch lengths in the given time then increase the amount of rest you have between reps |
| On Pitch* | High speed running. 16s pitch lengths | Run for 16s Rest for 30s | 2 x 5 (rest 1 min between sets) | 7 | 8 minutes | Start on baseline, running baseline to baseline. If you cannot complete the pitch lengths in the given time then increase the amount of rest you have between reps |
| On treadmill | Boys: Set treadmill to 16km/h = 9.9mph = 4.5m/s Girls: Set treadmill to 14km/h = 8.7mph = 4m/s | Long interval. Run for 90s Jump off and rest on side for 90s | 1 x 6 | 6 | 18 minutes | Start on side of treadmill, jump on and jump off to rest. If you cannot complete the pitch lengths in the given time then increase the amount of rest you have between reps |
| On treadmill* | High speed running Set treadmill to 20.5km/h= 12.7mph = 5.7m/s | Run for 16s Jump off and rest for 30s | 2 x 5 (rest 1 min between sets) | 7 | 8 minutes | Start on side of treadmill, jump on and jump off to rest. If you cannot complete the pitch lengths in the given time then increase the amount of rest you have between reps |
| On bike OR outside run | Long aerobic bike Long aerobic run | Cycle for 45 minutes at a pace of 5/10 RPE. Heart rate no higher than 150bpm OR run for 45 mins minutes at a pace of 5/10 RPE. Heart rate no higher than 150bpm | 1 x 1 | 5 | 45 minutes | Bike- watch something whilst completing. Time spent at this lower intensity is key. A conversational but challenging pace |
| On bike | Short interval bike | 15s on 45s off | 2 x 8 (2 min rest between sets) | | 18 minutes | Warm up and turn the legs for 3 mins before starting. ALL REPS MAX EFFORT. |

PACING SHEET- WORK OUT YOUR INDIVIDUAL PACE FOR 90S AND 2 MIN INTERVALS

| Girls: What is the players 16PL aim? | | | | |
|--------------------------------------|-----------|-------------|-------------------------|-------------------------|
| Rating | 16PL Time | Time per PL | Distance ran in 90s | Distance ran in 2 min |
| 10 | 05:05 | 19s | 4 and $\frac{3}{4}$ PLs | 6 and $\frac{1}{3}$ PLs |
| 9 | 05:13 | | | |
| 8 | 05:20 | 20s | 4 and $\frac{1}{2}$ PLs | 6 PLs |
| 7 | 05:28 | | | |
| 6 | 05:37 | 21s | 4 and $\frac{1}{3}$ PLs | 5 and $\frac{3}{4}$ PLs |
| 5 | 05:46 | | | |
| 4 | 05:55 | 22s | Just over 4 PLs | 5 and $\frac{1}{2}$ PLs |
| 3 | 06:05 | | | |
| 2 | 06:15 | 23s | Just under 3 PLs | 5 and $\frac{1}{4}$ PLs |
| 1 | 06:26 | 24s | 3 and $\frac{3}{4}$ PLs | 5 PLs |

| Boys: What is the players 16PL aim? | | | | |
|-------------------------------------|-----------|-------------|-------------------------|-------------------------|
| Rating | 16PL Time | Time per PL | Distance ran in 90s | Distance ran in 2 min |
| 10 | 04:39 | 17s | 5 and $\frac{1}{3}$ PLs | 7 PLs |
| 9 | 04:45 | | | |
| 8 | 04:52 | 18s | 5 PLs | 6 and $\frac{2}{3}$ PLs |
| 7 | 04:58 | | | |
| 6 | 05:05 | 19s | 4 and $\frac{3}{4}$ PLs | 6 and $\frac{1}{3}$ PLs |
| 5 | 05:13 | | | |
| 4 | 05:20 | 20s | 4 and $\frac{1}{2}$ PLs | 6 PLs |
| 3 | 05:28 | | | |
| 2 | 05:37 | 21s | 4 and $\frac{1}{3}$ PLs | 5 and $\frac{3}{4}$ PLs |
| 1 | 05:46 | | | |

STRENGTH

Full Body Strength: with + without equipment
Hamstring Calves: with + without equipment

| | | | | | |
|--|--------------------|---|---|-------------------------|--|
| <div>STRENGTH</div> <div>OPTIONS</div> <div>FULL</div> <div>BODY</div> <div>STRENGTH</div> | FULL BODY STRENGTH | | | FULL BODY STRENGTH | |
| | I HAVE EQUIPMENT | | | I DO NOT HAVE EQUIPMENT | |
| | Order | I have dumbbells, barbells, plates/weights: | I have dumbbells, barbells, plates/weights and machines | Sets x reps | Sets x reps |
| | 1 | Double leg hamstring bridge | Double leg hamstring bridge | 3 x 45s | Double leg hamstring bridge 3 x 45s |
| | 2 | <u>Goblet Squat</u> | Leg press machine | 3 x 10 | Body weight squat 3 x 15 |
| | 3 | <u>Dumbbell Walking Lunge</u> | Leg extension machine | 3 x 10 | Body weight glute bridge 3 x 15 |
| | 4 | <u>Dumbbell Romanian Deadlift</u> | Leg curl machine | 3 x 10 | Single leg calf raise (on a step) 3 x 15 |
| | 5 | <u>Push Up</u> (go on knees if needed) | Chest press machine | 3 x 8 | Body weight walking lunges 3 x 16 |
| | 6 | Assisted <u>Chin Up</u> | Lat pull down machine | 3 x 8 | <u>Push Up</u> (go on knees if needed) 3 x 8 |
| | 7 | <u>Dead Bug</u> | <u>Dead Bug</u> | 3 x 30s | <u>Dead Bug</u> 3 x 30s |
| | 8 | <u>Side Plank Right</u> <u>Side Plank Left</u> | <u>Side Plank Right</u> <u>Side Plank Left</u> | 3 x 30s each side | <u>Side Plank Right</u> <u>Side Plank Left</u> 3 x 30s each side |

STRENGTH OPTIONS: HAMSTRINGS CALVES

| | HAMSTRING & CALF STRENGTH | | | | |
|-------|---|---|-------------------|---|-------------------|
| | I HAVE EQUIPMENT | | | I DO NOT HAVE EQUIPMENT | |
| Order | I have dumbbells, barbells, plates/weights: | I have dumbbells, barbells, plates/weights and machines | Sets x reps | | Sets x reps |
| 1 | Double leg hamstring bridge | Double leg hamstring bridge | 3 x 45s | Double leg hamstring bridge | 3 x 45s |
| 2 | <u>Single Leg Long Hamstring Bridge Hold Left</u> <u>Single Leg Long Hamstring Bridge Hold Right</u> | <u>Single Leg Long Hamstring Bridge Hold Left</u> <u>Single Leg Long Hamstring Bridge Hold Right</u> | 3 x 30s each side | <u>Single Leg Long Hamstring Bridge Hold Left</u> <u>Single Leg Long Hamstring Bridge Hold Right</u> | 3 x 30s each side |
| 3 | <u>Dumbbell Romanian Deadlift</u> | Leg curl machine | 3 x 10 | Body weight glute bridge | 3 x 15 |
| 4 | <u>Single Leg Glute Bridge Hold Left</u> <u>Single Leg Glute Bridge Hold Right</u> | Hip thrust machine | 3 x 10 | Single leg calf raise (on a step) | 3 x 15 |
| 5 | Single leg standing calf raise on a step | Single leg calf raise machine | 3 x 10 each side | Wall sit heel raises | 3 x 15 |

GOAL KEEPERS

GKS SCHEDULE: U16 GIRLS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-----------------|-----------------|-----------------|-----------------------------------|----------------------------|-----------------|
| 02-Jun | 03-Jun | 04-Jun | 05-Jun | 06-Jun | 07-Jun | 08-Jun |
| Speed A | Strength Gym | Rest & Recovery | Speed B | Conditioning | Speed A | Rest & Recovery |
| Strength Gym | | | Strength Gym | | | |
| 09-Jun | 10-Jun | 11-Jun | 12-Jun | 13-Jun | 14-Jun | 15-Jun |
| Speed B | Strength Gym | Rest & Recovery | Speed A | Conditioning | Training day (regional) | Rest & Recovery |
| Strength Gym | | | Strength Gym | | | |
| 16-Jun | 17-Jun | 18-Jun | 19-Jun | 20-Jun | 21-Jun | 22-Jun |
| Speed B | Strength Gym | Rest & Recovery | Speed A | Conditioning | Speed B | Rest & Recovery |
| Strength Gym | | | Strength Gym | | | |
| 23-Jun | 24-Jun | 25-Jun | 26-Jun | 27-Jun | 28-Jun | 29-Jun |
| Speed A | Strength Gym | Conditioning | Rest & Recovery | Training camp V Germany / Belgium | | |
| Strength Gym | | | | | | |
| 30-Jun | 01-Jul | 02-Jul | 03-Jul | 04-Jul | 05-Jul | 06-Jul |
| Speed B | Strength Gym | Conditioning | Rest & Recovery | Training Camp (Lil) | | |
| Strength Gym | | | | | | |
| 07-Jul | 08-Jul | 09-Jul | 10-Jul | 11-Jul | 12-Jul | 13-Jul |
| Rest & Recovery | Rest & Recovery | Speed A | Rest & Recovery | Travel 8 Nations (Netherlands) | | |
| | | Strength Gym | | | | |
| 14-Jul | 15-Jul | 16-Jul | 17-Jul | 18-Jul | 19-Jul | 20-Jul |
| | | | | | | Rest & Recovery |
| 21-Jul | 22-Jul | 23-Jul | 24-Jul | 25-Jul | 26-Jul | 27-Jul |
| Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery | Rest & Recovery |

SPEED A GKS

WARM UP

| Order | Exercise | Sets | Distance | Rest |
|-------|-------------------------|---------------------------------|------------|-----------|
| 1 | Pulse raiser & mobility | 10 minutes total working to 15m | | |
| 1 | Knee Drives | 1 | 15m | Walk back |
| 2 | Leg Kicks | 1 | 15m | |
| 3 | A Skips | 1 | 15m | |
| 4 | B kips | 1 | 15m | |
| 5 | Pogo Jumps | 2 | 10m | |
| 6 | Warm Up Accelerations | 3 | 5m/10m/15m | |

ACCEL + CHANGE OF DIRECTION SESSION

| Order | Exercise | Distance | Reps | Rest | Notes |
|-------|--|----------|----------------|-----------|--|
| 1 | 5m T Drill | 5m | 3 | 2 minutes | Sprint out 5m, shuffle 5m left, 10m right, 5m left and 5m backpedal to the start |
| 2 | 5m Lateral Shuffle to 10m Acceleration | 10m | 2 Left 2 right | 2 minutes | Lateral shuffle 5m, accelerate 10m |
| 3 | 20m Acceleration | 20m | 2 | 2 minutes | Accelerate 20m as fast as you can |

SPEED B GKS

WARM UP

| Order | Exercise | Sets | Distance | Rest |
|-------|-------------------------|---------------------------------|------------|-----------|
| 1 | Pulse raiser & mobility | 10 minutes total working to 15m | | |
| 1 | Knee Drives | 1 | 15m | Walk back |
| 2 | Leg Kicks | 1 | 15m | |
| 3 | A Skips | 1 | 15m | |
| 4 | B kips | 1 | 15m | |
| 5 | Pogo Jumps | 2 | 10m | |
| 6 | Warm Up Accelerations | 3 | 5m/10m/15m | |

ACCELERATION SESSION

| Order | Exercise | Distance | Reps | Rest | Notes | |
|-------|------------------|----------|------|-----------|---|---|
| 1 | 5m Acceleration | 5m | 3 | 1 minute | Start positions 1. Facing forward 2. Facing left 3. Facing right | All accelerations are maximal. You should race someone where possible |
| 2 | 10m Acceleration | 10m | 3 | 2 minutes | Start positions 1. Facing forward 2. Facing left 3. Facing right | |
| 3 | 20m Acceleration | 20m | 2 | 2 minutes | Start positions All facing forward | |

GOAL KEEPERS CONDITIONING: CHOSE 1 OPTION

| Session 1A & 1B | | Session 2 | Session 3 |
|-------------------------------|---|---|---|
| Off Feet Sprint Bike | | Body Weight Circuit | Off Feet Aerobic Bike |
| Session 1A | 15s on 45s off x 8. Rest 3 minutes. X 3 sets total. All reps max effort | Exercise 1 | Continuous CMJ OR Continuous Jumping Lunge OR Continuous Lateral Leap |
| Session 1B | 30s on 30s off x 3, 20s on 40s off x 3, 10s on 50s off x 5. Rest 3 minutes. X 2 sets total. All max effort. | Exercise 2 | 5m Lateral Shuffle |
| Pick session 1A OR session 1B | | Exercise 3 | Mountain Climbers OR Burpee + Push Up OR 5m Bear Crawl |
| | | Exercise 4 | 5m Accel + Back Pedal |
| | | 30s on 15s off (in rest time transition to next exercise) REPEAT EXERCISE 1-4 X 3 TIMES. THEN REST for 3 minutes between rounds. Complete another round. X2 rounds in total = 24 reps of 30s | |
| | | 45-60 minute bike At a heart rate of ~150 bpm If you can't track HR then aim for 2-2.2 x body weight in watts If you can't track watts then aim for RPE 5, a conversational but challenging pace | |

EXERCISE HELPS YOU STUDY FOR EXAMS...

“

THE PRESENT SYSTEMATIC REVIEW
FOUND EVIDENCE TO SUGGEST THAT
THERE ARE POSITIVE
ASSOCIATIONS AMONG PHYSICAL
ACTIVITY, COGNITION, AND ACADEMIC
ACHIEVEMENT.

”

*Donnelly et al., 2016. Physical Activity, Fitness, Cognitive Function,
and Academic Achievement in Children: A Systematic Review*

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4874515/pdf/nihms759814.pdf>



QUESTIONS

Can I complete a conditioning and strength session on the same day? Yes as long as you have time to refuel (meal, snack, shake or drink) before completing the next session.

Should I pick the same or different conditioning sessions in the week? You should look to pick different sessions in the week and not repeat the same session more than three times per week. A good way to structure would be pick 2/3 that you repeat on rotation. This way you are still completing the same session enough to progressively improve.

How can I progress the strength sessions because there is only one option depending on equipment?

If your form is correct then increase the weight to progress.

APPENDIX

Warm up
Mobility

WARM UP

COMPLETE THIS WARM UP BEFORE ALL ON-FEET SESSIONS
CLICK AN EXERCISE TO SEE A DEMO



Part 1 - Raise your Heart Rate

Jog / Skip / Cycle for 3-5 minutes. Aim to get your heart rate up and get a sweat on!

Part 2 - Mobilise

| Order | Exercise | Reps |
|-------|--|--------------------|
| 1 | Angry Cat Happy Cat | 10 |
| 2 | Spiderman Lunge + Rotate | 5 Left + 5 Right |
| 3 | Pigeon Stretch / Glute Stretch | 5 x 10s L + 10s R |
| 4 | Downward Dog + Toe Touch | 10 Left + 10 Right |
| 5 | Calf Run Outs | 20 |

Part 3 - Activate

| Order | Exercise | Reps |
|-------|--|--------------------|
| 1 | Bodyweight Squat | 10 |
| 2 | Reverse Lunge | 10 Left + 10 Right |
| 3 | Single Leg Glute Bridge / SL Squat | 10 Left + 10 Right |
| 4 | Reverse Nordic / A Skips | 10 |

Part 4 - Potentiate

| Order | Exercise | Reps |
|-------|---|-----------------|
| 1 | Pogo Jumps | 10 |
| 2 | Continuous Countermovement Jump | 10 |
| 3 | Lateral Bound | 5 Left+ 5 Right |
| 4 | Skips for Height | 2 x 25yds |

[Pogo Jumps](#) = Feet together, jump and land on balls of feet. DO NOT bend knees. Repeat. Point toes up to the sky. Hit the ground hard and fast. Aim is to jump as high as possible in the least amount of time.

[Continuous Countermovement Jumps](#) = Feet hip width apart, arms to the sky. Bend knees and jump as high as possible. When you have landed, you repeat the same action straight away.

STRENGTH GYM

= School OR remote England programme options

MOBILITY

= 7.5 mins total! Add any other individual mobility required.

| Order | Exercise | Time |
|-------|--|---------------|
| 1 | Cat Camel | 30s |
| 2 | Spidermans | 30s Each side |
| 3 | Inch Worms | 30s |
| 4 | Downward Dog into Cobra | 30s |
| 5 | Calf Run Outs | 30s |
| 6 | Deep Squat Ankle Rocks | 30s |
| 7 | Lunge + Hips Back Hips Forwards | 30s Each Side |
| 8 | Side Lunge + Hips Back Hips Forwards | 30s Each Side |
| 9 | Laying Down Leg Reach Over | 30s Each Side |
| 10 | Laying Down Glute Stretch + Toes To Sky | 30s Each Side |