

## Non stick and ball exercises

You don't have to have all your equipment to be improving yourself. Concentrate on your general fitness, footwork, and speed. Click on a few of the videos below for more ideas!

[Hockey Fitness](#)

[Hockey Strength & Conditioning Programme](#)

[Power & Injury Prevention](#)

[Hockey specific running exercises](#)

[Fast feet exercises at home!](#)

## Watch some GOALS!



## Improve your skills whilst in lockdown

Your hockey does not have to stop during lockdown. There is still plenty of training you can be doing to keep you ticking over, which will improve your game.

**Use your PE or Games lesson to give any of the videos a go!**



LOCKDOWN TIPS



HOCKEY

## The King's School, Chester Hockey

Keep your hockey skills going whilst in lockdown!



**Lots of information on Firefly**



**King's Sport Twitter**



## Hertzberger TV



If you have a little more space, [Hertzberger TV](#) is a great YouTube channel that shows some more unique and interesting skills. Why not practice your 3D skills, backhand passing or aerial.

## Skills session with Mr Egerton

Next week we'll be having a having a quick skills blast video. All you need is a stick, ball and some objects to drill around... not anything expensive!! Have a go at his [5 ball challenge in the meantime!](#)



## Watch some top level Hockey!

There is plenty of amazing hockey to watch online. [Click here](#) to see the latest Pro League matches. Try and pick a player you enjoy watching and concentrate on what they do well and how you can bring those skills in to your game! Feedback to Mr Egerton who you chose!

## Learn to Drag Flick

Learn to Drag Flick from the best in the world [Gonzalo Peillat](#).



If you have any questions please ask Mr Egerton or Miss Halstead



## Design your own stick Competition with Y1!

This is your opportunity to design the next limited edition Y1 Hockey Stick that will be released by the company next season! One lucky winner will for the s get to work along the Y1 graphic designer to see their stick design become reality! [CLICK HERE](#) for the terms and conditions or [Click here to download your template!](#) GOOD LUCK!



## Keep Calm and Play Hockey

See how many keep ups you can do. Or try some new skills, video them and **send to the PE department!**

