

At home exercises

Here are some links to different exercises you can do at home, with minimal equipment needed. Give these a go and feedback to either Mr Egerton or Miss Halstead.

[HIIT Workout with the GB Squad](#)

[Hockey Strength Training](#)

[Field Hockey Core Stability](#)

[Goalkeeper training ideas \(feat Mr Egerton\)](#)

[30 Minute Cardio Workout](#)

Watch some GOALS!



Improve your skills whilst in lockdown

With the hockey season still running, the hope is that we can get back on the pitch very soon. Keep trying some of these fun videos.

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



The King's School, Chester Hockey

Start your hockey skills in lockdown.



Lots of information on Firefly



King's Sport Twitter



Goalkeeper training



Have a watch of this cool Goalkeeper video (feat Mr Egerton). There are some great ideas for training and perfect technique displayed.

Learn to Drag Flick

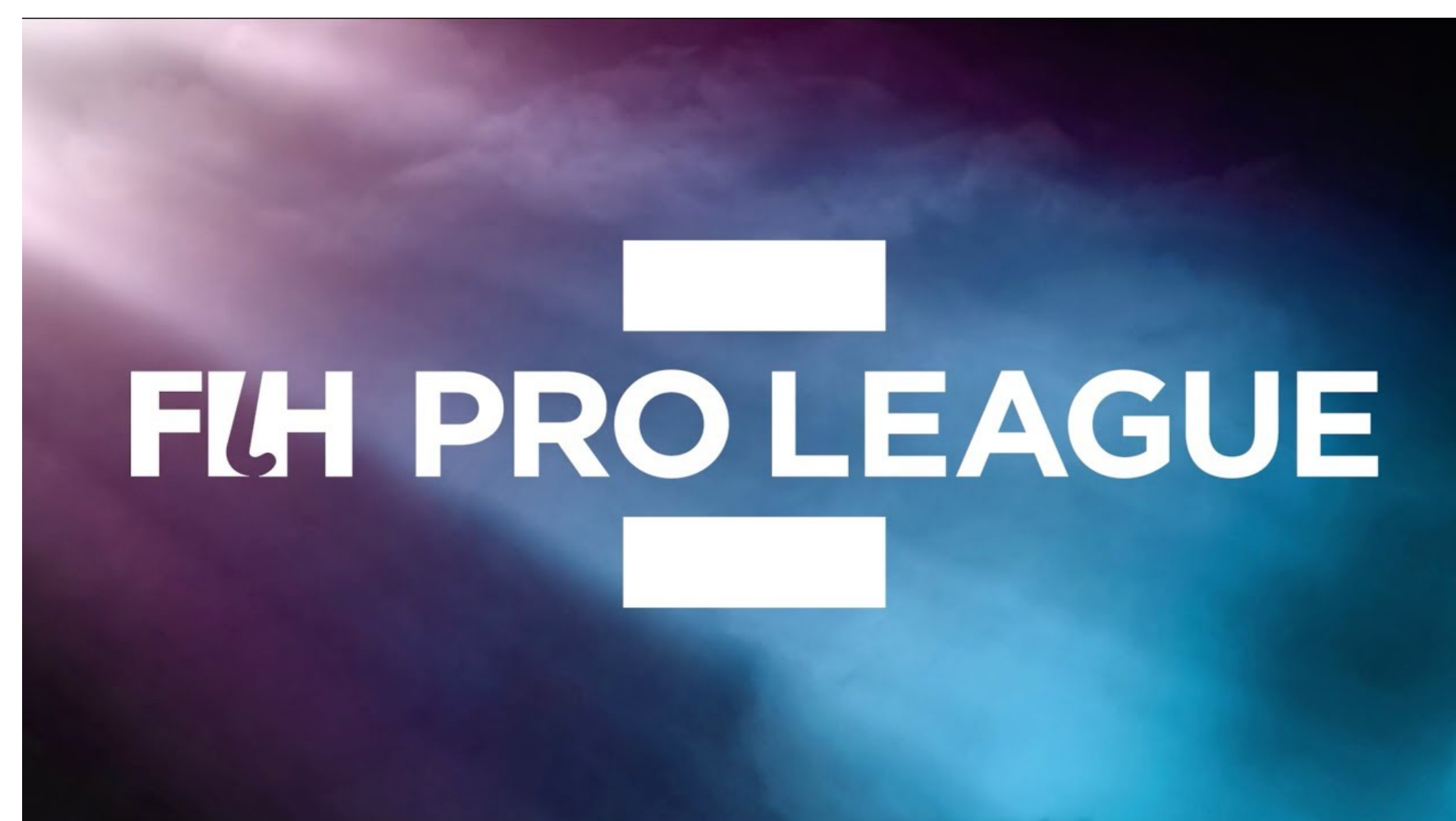


This week, learn to drag flick with Australian goalscorer Chris Ciriello.



Hockey Heroes is a brilliant YouTube channel that goes in to depth about different techniques and skills.

Watch some top level Hockey!

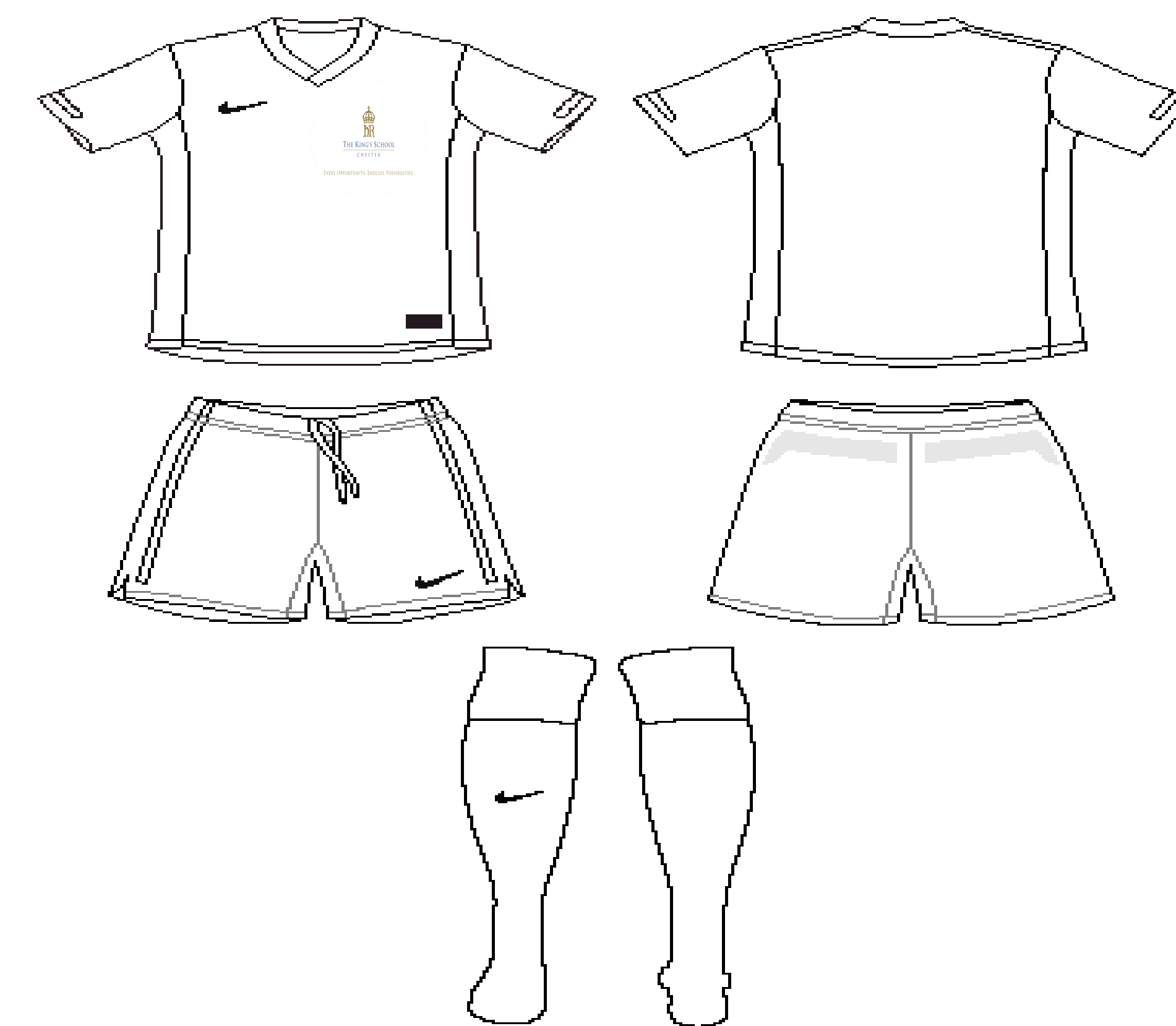


There is plenty of amazing hockey to watch online. [Click here](#) to see the latest Pro League matches.

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



Design your own Kings Kit!



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!**

