

FIELD HOCKEY RESOURCES:

FROM THE SUMMIT

BOOKS:

- **Mentality Wins: The Athlete's Playbook for Thriving in Sport and Life**
Jonathan Haywood Jenkins; Kimberly O'Brien
- **Every Moment Matters: How the World's Best Coaches Inspire Their Athletes and Build Championship Teams**
John O'Sullivan
- **Mind Gym: An Athlete's Guide to Inner Excellence**
Gary Mack, David Casstevens
- **GRIT: The Power of Passion and Perseverance**
Angela Duckworth
- **The Talent Code: Greatness Isn't Born. It's Grown. Here's How.**
Daniel Coyle
- **Forgive the Ref: How Revenge Science Can Save Youth Sports**
Christopher Maloney
- **Kids These Days: Effective Strategies for Coaching Gen Z and Beyond**
Betsy Butterick

PODCASTS | SOCIAL MEDIA | WEBSITES

- [In the Circle](#) – USA Field Hockey – Apple Podcast
- [Talk Hockey Radio](#) – Spotify Podcast
- [The Reverse Stick](#) – Spotify Podcast
- [The Help Side](#) – Spotify Podcast
- [thehockeypt](#) – Instagram
- [Sportplan.net](#) – online subscription (conditioning drills, practice planning)
- [GrandPrixFieldHockey.com](#)
- [World Sports CCW](#) – Facebook (drills)

GAMES WANTED / OPEN DATES

Shared at Summit:

- Tahanto Regional, Boylston, MA – (central Mass north of Worcester)
Needs 2 games
Contact: Deb Draper (coach), ddraper@bbrsd.org, 508-981-5222
- Westfield High School – (western Mass)
Needs 1 game
Contact: Jen Oakland (coach), bombersfieldhockey@gmail.com, 413-210-3057

Also use the MIAA open dates page - Postings entered and maintained by the AD of the school
<https://www.miaa.net/games-wanted>

NFHS Rules Powerpoint (as presented at the summit)

<https://www.miaa.net/sites/default/files/2026-08/2026-nfhs-field-hockey-ppt-edited.pptx>

Favorite Drills and Team Building Activities

<https://www.miaa.net/sites/default/files/2026-08/fieldhockey-favoritedrills-and-teambuildingactivities.pdf>

GENERAL RESOURCES:

NFHS LEARN:

<https://nfhslearn.com/>

Field Hockey related Instagram Videos – Shared by Jill Reeve

- Team building (partners) bib untangle:
https://www.instagram.com/reel/DEk178Es_SP/?igsh=MWlwdTM2MGZlaDBmZA==
- Fun team building activity -Make an igloo:
<https://www.instagram.com/reel/DDmtOKWs7E4/?igsh=bWVmc2lpZDFkNWc2>
- Juke drill:
https://www.instagram.com/reel/DFhE_TLNNTa/?igsh=MTdkYWdhbnpzaTRjYg==
- Warm-up game - pizza party
<https://www.instagram.com/reel/DFk7HJ1oQ0A/?igsh=YmdhOWw4YmVOM2Ew>
- Soccer ball toss- warm-up game:
<https://www.instagram.com/reel/DFNkJpTNbjl/?igsh=bzZhNWQxenhya3l4>
- Warm up footwork & tennis balls
https://www.instagram.com/p/DEXCGauoHJx/?img_index=9&igsh=NGIzMmhjcTQyM2Zj
- Fun warm-up game (stick n ball):
<https://www.instagram.com/reel/DExKbSmi89k/?igsh=bjVlaDkzNDV3eXR0>
- Fun warm-up activities:
https://www.instagram.com/reel/DD1HnfWI_7G/?igsh=MTV6Mmo0b3IzZWZmeA==
- Chain tag:
<https://www.instagram.com/reel/DENmHGBM-yQ/?igsh=MXU4bnV5cWF4ZHk0NQ==>
- Athletic agility (cut backs)
<https://www.instagram.com/reel/DDsOWfTNYtq/?igsh=eHp3c3U5a3dmeHM2>
- FH deceptive passing drill (simple)
https://www.instagram.com/reel/DEkSdX_iFc4/?igsh=MTAzenVrY3dvYXVkMA==
- Tennis ball coordination drills:
https://www.instagram.com/p/DD1-C6XKpyT/?img_index=7&igsh=MXNiZGhjdTZic2F6ag==

Field Hockey related Instagram Videos – Shared by Jill Reeve *(continued)*

- **Pre game warm up ideas:**
<https://www.instagram.com/reel/DDe0sxlxhig/?igsh=cWdqeGYyazhiY2R4>
- **Warm up game 4's "over-unde"r:**
<https://www.instagram.com/reel/DDECHiTTjaw/?igsh=ZnIrcnAzNW1pMTgx>
- **Pregame meal routine:**
<https://www.instagram.com/reel/DDLmo5-M5BE/?igsh=YnVhNjg4NnVkbW8x>
- **FH APC set up:**
<https://www.instagram.com/reel/DDbT7exTPcM/?igsh=MW55eGU0MDY1MTNreQ==>
- **Indoor training:**
https://www.instagram.com/p/DDNW5bKAQMx/?img_index=10&igsh=bTlqNW9tZmZma2Jv
- **Tag game (kind of):**
<https://www.instagram.com/reel/DCwZpCzsKVd/?igsh=ejIzNzV2ZDIzNXBn>
- **Basic skills (indoor)**
<https://www.instagram.com/reel/DDK-JSWuu8Q/?igsh=aDIzNzMyYnVuYnBh>
- **Performing under pressure:**
<https://www.instagram.com/reel/DCe198Wv4jK/?igsh=MXNscXhjZjB4aWpsaQ==>
- **Passing/finishing drill:**
<https://www.instagram.com/reel/DCPrUN8u4sv/?igsh=aTNuZW5kNH0aDdm>
- **Passing flow:**
<https://www.instagram.com/reel/DCC1kBc0Ups/?igsh=Ymlzb2E2NXozMW05>
- **1 v Gk:**
<https://www.instagram.com/reel/DBrqDPGMtYn/?igsh=Znd0eHnHnNjiaGds>
- **Mindful (excited vs anxious) what to do:**
<https://www.instagram.com/reel/DAiyooOPZ9n/?igsh=MTgydWJ6ZTU2aDI2dw==>
- **Warm up fun (rings)**
<https://www.instagram.com/reel/DAqwJIUx8rc/?igsh=NXRpMHA5ZXlwazBo>
- **Speed and agility:**
<https://www.instagram.com/reel/C IAe44NfCN/?igsh=MWVndjNmcW1vMWwxYw==>
- **APC - Short - hit for touch**
<https://www.instagram.com/reel/DBKuCXoM1YO/?igsh=MW02NDZ5eGpwajQ1cg==>
- **FH out letting drill:**
<https://www.instagram.com/reel/DA5K4q8000-/?igsh=ZnIzNGhhd3Q3NGs1>
- **Octopus racing:**
<https://www.instagram.com/reel/DA-ez11ypKK/?igsh=dHlybnVtdG92emhy>
- **Warm up tag game (ball tag):**
https://www.instagram.com/reel/C-2BcK7M3R_/?igsh=MWZ3NGd0Z3EzNTd2NQ==

Field Hockey related Instagram Videos – Shared by Jill Reeve *(continued)*

- **Forwards training drill:**
https://www.instagram.com/reel/C_QYHulOotf/?igsh=MWZrMWlyMzM4N3VrcA==
- **Mobility for athletes (blue white challenges):**
<https://www.instagram.com/reel/C-X5n3WNizJ/?igsh=MTlhMDAzN2F0aGp3NQ==>
- **Roger Federer: mentality**
https://www.instagram.com/reel/C8M_Q5Ug6kh/?igsh=bWh2MmozNjFwZXhO
- **Fun warm up partner tag:**
<https://www.instagram.com/reel/C9Nas7Ys9iz/?igsh=dW54cmgwMnFhbzYz>
- **Noises to engage parasympathetic system:**
<https://www.instagram.com/reel/C7jprjDxRuu/?igsh=dWM5b2Fyd3dtODI=>
- **FH 3v2 drill half courts:**
<https://www.instagram.com/reel/C9e30YRsDjK/?igsh=MjBjdGhuczVrdWR6>
- **FH fun warm up drill: red light/green light**
<https://www.instagram.com/reel/C7esF-KMsSQ/?igsh=MXQ4ZHZtYXd0M2pieQ==>
- **FH give n go drill:**
<https://www.instagram.com/reel/C76ahr3t8Ze/?igsh=MW56dDZuM2ZpaW16bQ==>
- **Indv skills/stick work**
https://www.instagram.com/reel/C5oPs3oufY_/?igsh=MWE4cmN1dXNsNTJ5dw==
- **Speed:**
https://www.instagram.com/p/C8YT0_xNaHu/?igsh=eDN6dHNhMWprdGkz
- **Gk plyos (& FPs)**
<https://www.instagram.com/reel/C6Y5s3nOA6m/?igsh=bmV4NGN0dnluOTk2>
- **Plyos:**
<https://www.instagram.com/reel/C6yj1k-t-NO/?igsh=MWlzczhmdmllczA0cA==>
- **Running drills:**
<https://www.instagram.com/reel/C7ZiyvEOWV4/?igsh=MTEyOWZ5a2MxeHNvNA==>
- **Shooting (individual work)**
<https://www.instagram.com/reel/C63dhDqsljf/?igsh=MTE1bG5sbGNseDMwNA==>
- **FH passing drill 1 touches:**
<https://www.instagram.com/reel/C6hHvOQvs3l/?igsh=MWlIMzd4OGRtcWhvMw==>
- **FH passing warm up drill: (fun/ftwk)**
<https://www.instagram.com/reel/C6V57lOIMXa/?igsh=Zjd3YzJ5ZXdvZHA=>
- **Passing patterns.**
https://www.instagram.com/p/C6EP_eCIVaR/?igsh=ZDAxNTZiZXgyNHR4
- **Adapted Juzzie drill: (1v1 - 5v5)**
<https://www.instagram.com/reel/C5YeIZ6sMkH/?igsh=MTRzeWltcDR5NmN3Nw==>

Field Hockey related Instagram Videos – Shared by Jill Reeve *(continued)*

- **Give n go pattern to goal (midfield build)**
<https://www.instagram.com/reel/C6Hb8DxIhYi/?igsh=MXRvbnJ1MXBjeGl5aw==>
- **Stick work & footwork**
<https://www.instagram.com/reel/C5p33THLe73/?igsh=ZXkxZ2JycGU5ZnA1>
- **Warm up ideas:**
<https://www.instagram.com/reel/C3IdnETMOfZ/?igsh=MXdwNDc3ODJ6cG9obQ==>
- **Plyos**
https://www.instagram.com/reel/C2dnn2_h02_/?igsh=dWxjNXRzdHNvcnlk
- **Plyos and footwork fun:**
<https://www.instagram.com/reel/C4UWVAaPYqJ/?igsh=MWNwanUxb2xnbWo0aQ==>
- **FH stick work box:**
<https://www.instagram.com/reel/C4YQM5buLy6/?igsh=MWE2dzU5aGlybm9uaQ==>
- **3 man shuttle passing:**
<https://www.instagram.com/reel/C46p9kBuWGI/?igsh=ZjYxMHVkdjFobTN4>
- **3 man passing gng**
<https://www.instagram.com/reel/C4OoSlpOr1k/?igsh=bHZONjZvdnhOeWpr>
- **Double triangle passing drill:**
https://www.instagram.com/reel/C239syKr_xV/?igsh=NmFtZ2tzcmpmaTl4
- **Passing - easy 1 min drill (gngo)**
<https://www.instagram.com/reel/C3znNM0sK5D/?igsh=c2J1MHFnYTNjOTlh>
- **Passing 1st touch in pairs or 3s**
<https://www.instagram.com/reel/C3k5aI5recb/?igsh=eXYyZWZqcDUwdm5j>
- **Eliminations:**
<https://www.instagram.com/reel/C3-QBWcOACo/?igsh=NTdqMGx3bGJ4cTM1>
- **Transition drill:**
https://www.instagram.com/reel/C4I9_hnNKx1/?igsh=Y2NwZDQ2MmI1dG0=
- **Core workout w soccer balls:**
<https://www.instagram.com/reel/C4OW2msrtDq/?igsh=OGZtYWh5bDlrbmQ1>
- **Elimination Ramp**
<https://www.instagram.com/reel/CvuFCsFLmBZ/?igshid=MzRIODBiNWFIZA==>
- **DPC breakout**
<https://www.instagram.com/reel/CvB7ySoOg1E/?igshid=MzRIODBiNWFIZA==>
- **GK save technique**
<https://www.instagram.com/reel/Cwptv73s5F6/?igshid=MzRIODBiNWFIZA==>
- **Right side or baseline elimination**
<https://www.instagram.com/reel/lookCw40KEZOT8w/?igshid=MzRIODBiNWFIZA==>

Field Hockey related Instagram Videos – Shared by Jill Reeve *(continued)*

- **Hockey performance academy- confidence:**
<https://www.instagram.com/p/CxDCNiosLCo/?igshid=MzRIODBiNWFIZA==>
- **Scoring**
<https://www.instagram.com/reel/CxOY-aPspCu/?igshid=MzRIODBiNWFIZA==>
- **GK huge save:**
<https://www.instagram.com/reel/CxQbbG4ouFZ/?igshid=MzRIODBiNWFIZA==>
- **Fitness/athleticism**
<https://www.instagram.com/reel/CxaRbryMPro/?igshid=MzRIODBiNWFIZA==>
- **Plyo fitness**
<https://www.instagram.com/reel/CxcdYlpt7Wz/?igshid=MzRIODBiNWFIZA==>
- **Best build up (passing):**
<https://www.instagram.com/p/Cxe0oFQI7B1/?igshid=MzRIODBiNWFIZA==>
- **Goal saving intercept and safe outlet**
<https://www.instagram.com/reel/CxfZfo2shm6/?igshid=MzRIODBiNWFIZA==>
- **Stick skills - drop pass**
<https://www.instagram.com/reel/CxVHTMNyYfO/?igshid=MzRIODBiNWFIZA==>
- **RB overlapping into attack:**
<https://www.instagram.com/reel/CxnaF9nsaDn/?igshid=MzRIODBiNWFIZA==>
- **4-v-3 half field**
<https://www.instagram.com/reel/C2zJaxasmSq/?igsh=eWo3ZXM5ZzV3eXg0>
- **LB moves - sideline elimination**
<https://www.instagram.com/reel/CxwwWxdIHqK/?igshid=MzRIODBiNWFIZA==>
- **Athleticism training**
<https://www.instagram.com/reel/Cx-sLGhleMW/?igshid=MzRIODBiNWFIZA==>
- **Functional flexibility**
<https://www.instagram.com/reel/Cxx05UxrZ2a/?igshid=MzRIODBiNWFIZA==>
- **Defense! Low tackling:**
<https://www.instagram.com/reel/CzWMpsluo0I/?igshid=MzRIODBiNWFIZA==>
- **Simon Sineck - navy seal**
<https://www.instagram.com/reel/Cy0C3QH0cig/?igshid=MzY1NDJmNzMyNQ==>
- **Hip mobility**
<https://www.instagram.com/p/Czvr1ypMHxd/?igshid=MzY1NDJmNzMyNQ==>
- **Receiving and turn to face:**
<https://www.instagram.com/reel/C2tld9cMsw4/?igsh=aGwyNDI2aXIOZnVo>