

## HCPS Virtual Athletics

### FALL SEASON

October 12-14 (Thurs. – 3 hr. Dismissal, Fri. – Schools Closed)

**Coaches check-in with students at least once during the week.**

<p><b>Conditioning Challenge</b>  <b>Zig Zag Square Jump: 1, 2, 4, 3</b>  <a href="https://youtu.be/wOd3Ux7h50g">https://youtu.be/wOd3Ux7h50g</a>  <i>How many times can you complete the 1,2,4,3 challenge in a minute?</i></p>	<p style="text-align: center;"><b>Sport Specific Challenge</b></p> <p><b>Cheerleading:</b> How many sets of kicks can you complete in a minute? Change legs every 5 kicks.  <a href="https://www.youtube.com/watch?v=-1TcV-E6r9A">https://www.youtube.com/watch?v=-1TcV-E6r9A</a> (0:15-1:00)</p> <p><b>Cross Country:</b> virtual 5k race (Two weeks to complete) Send results to <a href="mailto:Donald.mickey@hcps.org">Donald.mickey@hcps.org</a> by Wednesday, October 21, 2020.</p> <p><b>Field Hockey:</b> How long can you maintain an air dribble?  <a href="https://youtu.be/cVPeLzhKG0Y">https://youtu.be/cVPeLzhKG0Y</a></p> <p><b>Football:</b> Add distance of all three challenges punt, kick, pass (distance)</p> <p><b>Golf:</b> How many putts out of 10 can you make from 10 ft. away? Use a plastic cup as your target.</p> <p><b>Soccer:</b> How long can you maintain a consecutive juggle? You may use your feet, thighs, head, and chest.  <a href="https://youtu.be/UeiNdPaQ1IA">https://youtu.be/UeiNdPaQ1IA</a></p> <p><b>Volleyball:</b> How many consecutive wall bumps can you do in a minute?  <a href="https://youtu.be/bj7kCP654Os">https://youtu.be/bj7kCP654Os</a></p>
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October 19-23

**Coaches check-in with students at least once during the week.**

<p><b>Conditioning Challenge</b>  <b>Card Workout</b>  <a href="https://youtu.be/LgzlJ4ZFRIQ">https://youtu.be/LgzlJ4ZFRIQ</a>  <i>How many times can you squat while picking up or putting down a playing card? Time yourself for 60 seconds.</i></p>	<p style="text-align: center;"><b>Sport Specific Challenge</b></p> <p><b>Cheerleading:</b> How many toe touch jumps can you complete in a minute?  <a href="https://youtu.be/jDIF26-Uu2I">https://youtu.be/jDIF26-Uu2I</a></p> <p><b>Field Hockey:</b> How many repetitions can you complete in a minute?          Repetition = down and back  <a href="https://youtu.be/OHf2UYahHes">https://youtu.be/OHf2UYahHes</a></p> <p><b>Football:</b> How long does it take you to bear crawl 50 yards?  <a href="https://youtu.be/Wgt1vdZ_YYk">https://youtu.be/Wgt1vdZ_YYk</a></p> <p><b>Golf:</b> How many times out of 10 can you chip the golf ball over a 3 ft obstacle?  <a href="https://youtu.be/lvmHU5Hcs2k">https://youtu.be/lvmHU5Hcs2k</a></p> <p><b>Soccer:</b> How many toe taps can you complete in 30 seconds?  <a href="https://youtu.be/ODlw8K66Qil">https://youtu.be/ODlw8K66Qil</a></p> <p><b>Volleyball:</b> How many times can you hit a target with your overhand serving motion in a minute?  <a href="https://youtu.be/62A84vSVP2c">https://youtu.be/62A84vSVP2c</a>          Stand 10 ft. away from a wall. Identify a spot on the wall that is at least 8 ft high. Try to hit the spot using an overhand serving motion.</p>
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October 26-30

Coaches check-in with students at least once during the week.

### Conditioning Challenge

#### Push ups

<https://youtu.be/wmNoe3JYe4c>

How many full or modified push-ups can you complete in a minute? Stand a toilet paper roll on end and put it under your chest. For the repetition to count, you must lower your body down to touch the roll of toilet paper.

Modified Push-ups (on your knees)

Full Push-ups (on your feet)

If you can do 10 full push-ups, you should be competing in the full push-ups competition.

\*When you submit your push-up results, please indicate whether you did modified push-ups or full push-ups.

### Sport Specific Challenge

**Cheerleading:** How many sets of alternating leg lifts can you complete in a minute? Alternating sets = 5 on the right, 5 on the left, switch  
One set = 5 reps on the right or left

<https://youtu.be/-1TcV-E6r9A> (0:59-1:26)

**Cross Country:** : virtual 5k Turkey Trot (Two weeks to complete) Send results to [Donald.mickey@hcps.org](mailto:Donald.mickey@hcps.org) by Friday, November 5, 2020.

**Field Hockey:** How many aerials out of 10 can you put into a bucket five yards away?

<https://youtu.be/Zzj9TXynpS0>

**Football:** How fast can you run the 40 yard dash?

[https://youtu.be/z\\_ltlGxAxL0](https://youtu.be/z_ltlGxAxL0)

**Golf:** How many times can you juggle a golf ball?

<https://youtu.be/Yc8YKL5jIO8>

**Soccer:** How many corner kicks out of 10 can you bend into the goal?

**Volleyball:** How many times can you consecutively set the ball off the wall in 60 seconds?

<https://youtu.be/Tsot2Y3AN4I>

November 2-6

Coaches check-in with students at least once during the week.

### Conditioning Challenge

#### Burpees without Push-up

<https://youtu.be/tJrdJBWBu08>

How many burpees without the push-up can you do in a minute?

### Sport Specific Challenge

**Cheerleading:** How many jump burpees can you complete in a minute? (3:05-3:30)

<https://www.youtube.com/watch?v=qFGXPokD4v8>

**Field Hockey:** How many goals can you score from 7 yards away in 10 seconds?

\*Set up cones 12 feet apart to simulate a goal.

**Football:** How far can you jump? Results will be split into skill positions and lineman.

<https://youtu.be/CpmTk9kmdm8>

**Golf:** lowest putt putt score: longest drive

**Soccer:** How many times out of 10 can you hit the crossbar from the top of the penalty box?

<https://youtu.be/HQLOhkdkL1g>

**Volleyball:** How many wall jumps can you complete in 30 seconds? Feet must leave the ground.

<https://youtu.be/r3aA3ANXUVY>

## SPRING SEASON

November 9-13 (Wed. – Early Dismissal)	
<b>Coaches check-in with students at least once during the week.</b>	
<p><b>Conditioning Challenge</b>  <b>Shuttle Run</b>  <i>Set-up 2 markers 25 yards apart. Be sure to stretch before you begin to run. Sprint from one to the other then back again. How many times can you run from marker to marker in 1 minute?</i></p> <p><i>Repetition = 25 yards</i></p>	<p><b>Sport Specific Challenge</b></p> <p><b>Baseball/Softball:</b> How many times can you hit a target by throwing a ball from 60 ft. away? Targets could be a piece of paper attached to the trunk of a tree, one gallon milk container or box, etc. Targets should be placed at chest level.</p> <p><b>Lacrosse:</b> How many times can you successfully catch the ball on the side wall of your stick in a minute? (1:09 – 1:21)  <a href="https://www.youtube.com/watch?v=eJwA4GUNGES">https://www.youtube.com/watch?v=eJwA4GUNGES</a></p> <p><b>Tennis:</b> How many times can you consecutively volley the tennis ball against the wall in a minute?  <a href="https://youtu.be/yS6DZMxETPI">https://youtu.be/yS6DZMxETPI</a> (0:13-0:27)</p> <p><b>Track:</b> How long does it take you to complete 400 meters?  <a href="https://youtu.be/VV8yVHO6cFY">https://youtu.be/VV8yVHO6cFY</a></p>
November 16-20	
<b>Coaches check-in with students at least once during the week.</b>	
<p><b>Conditioning Challenge</b>  <b>Bear Crawl Challenge</b>  <a href="https://youtu.be/Wgt1vdZ_YYk">https://youtu.be/Wgt1vdZ_YYk</a>  <i>How long does it take you to bear crawl 50 yards?</i></p>	<p><b>Sport Specific Challenge</b></p> <p><b>Baseball/Softball:</b> How long does it take you to run around the bases? Starting at home and ending at home.</p> <p><b>Lacrosse:</b> How many times can you quick stick with your dominant hand in 45 seconds?  <a href="https://youtu.be/N43rb3f01zs">https://youtu.be/N43rb3f01zs</a> (0:30-0:40)</p> <p><b>Tennis:</b> How many tennis balls can you hit into a bucket that is 25 ft. away?  <a href="https://youtu.be/yS6DZMxETPI">https://youtu.be/yS6DZMxETPI</a> (3:11-4:07)</p> <p><b>Track:</b> How far can you broad jump?  <a href="https://youtu.be/CpmTk9kmdm8">https://youtu.be/CpmTk9kmdm8</a></p>
November 23-27 (Wed. – Early Dismissal, Thurs./Fri. – Schools Closed)	
<b>Coaches check-in with students at least once during the week.</b>	
<p><b>Conditioning Challenge</b>  <b>Squat Kick</b>  <a href="https://youtu.be/JCW0cQUGkE">https://youtu.be/JCW0cQUGkE</a>  <i>How many times can you complete a repetition in 30 seconds?</i>  <i>Repetition = squat + kick</i></p>	<p><b>Sport Specific Challenge</b></p> <p><b>Baseball/Softball</b> – How many ground balls can you field cleanly in a minute? Use a partner or throw a tennis ball at a wall to field the rebound.  <a href="https://youtu.be/W0l_U6lvxKA">https://youtu.be/W0l_U6lvxKA</a></p> <p><b>Lacrosse:</b> How many times can you complete a shaft over the ball and catch trick in a minute?  <a href="https://www.youtube.com/watch?v=wKZrODozLbc">https://www.youtube.com/watch?v=wKZrODozLbc</a>  (1:08-1:20)</p> <p><b>Tennis:</b> How many serves can you get in out of 10?  <a href="https://youtu.be/9U9daNdoEOc">https://youtu.be/9U9daNdoEOc</a></p> <p><b>Track:</b> How far can you throw a softball? Measure from where you stood to make the throw to the first bounce of the ball.</p>

November 30-December 4

**Coaches check-in with students at least once during the week.**

**Conditioning Challenge**

**One mile run**

*Complete a one mile run for time.  
How long does it take you to run a  
mile?*

**Sport Specific Challenge**

**Baseball/Softball:** How far can you hit a whiffle ball? Measure from where you are standing to the first bounce of the whiffle ball.

<https://www.youtube.com/watch?v=NjjsLO316ss>

**Lacrosse:** How many times out of 10 can you score in the upper corners of the goal from 25 ft. away? Use paper plates or plastic bags as your targets.

<https://youtu.be/5oh-1yZqWpg>

**Tennis:** How many times can you successfully complete the tennis trick "Smooth like Butter" in a minute?

<https://youtu.be/IQjJLdo5lqq>

**Track:** How long does it take you to run 800m?

## WINTER SEASON

December 7-11

### Coaches check-in with students at least once during the week.

<p style="text-align: center;"><b>Conditioning Challenge</b></p> <p style="text-align: center;"><b>10 – 8 – 6 Challenge</b></p> <p>Time yourself to complete a pyramid workout of 10-8-6 push-ups, sit-ups, and split lunges.</p> <p>Round One: 10 push-ups, 10 sit-ups, 10 split lunges Round Two: 8 push-ups, 8 sit-ups, 8 split lunges Round Three: 6 push-ups, 6 sit-ups, 6 split lunges</p> <p>Rounds should be done consecutively with minimal rest in between sets or rounds. Time does not stop between exercises or rounds.</p>	<p style="text-align: center;"><b>Sport Specific Challenge</b></p> <p><b>Basketball:</b> Slalom dribble: How many times* can you weave through 10 cones that are placed 2 ft. apart in a minute? *Times = weave through 10 cones (up and back is two times) <a href="https://youtu.be/xeel888TsLo">https://youtu.be/xeel888TsLo</a></p> <p><b>Wrestling:</b> How many sprawl and circles can you complete in a minute? <a href="https://youtu.be/YyA0JAnK5l8">https://youtu.be/YyA0JAnK5l8</a></p> <p><b>Cheerleading:</b> How many toe touch snaps can you complete in a minute? <a href="https://www.youtube.com/watch?v=-1TcV-E6r9A">https://www.youtube.com/watch?v=-1TcV-E6r9A</a> (1:24-2:08)</p> <p><b>Swimming:</b> How long can you hold the correct plank position? <a href="https://youtu.be/gvHVdNVBu6s">https://youtu.be/gvHVdNVBu6s</a></p>
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December 14-18

### Coaches check-in with students at least once during the week.

<p style="text-align: center;"><b>Conditioning Challenge</b></p> <p style="text-align: center;"><b>40-yard sprint, send your best time</b></p> <p>Mark off 40 yards on the grass get into a comfortable stance, complete 12 sprints (3 @ medium pace, 5 @ fast pace, and 2 @ your fastest pace – have a timer to start the clock at your first movement w/ goal time = 4.5 to 4.99), then 2 @ medium pace for cool down)</p>	<p style="text-align: center;"><b>Sport Specific Challenge</b></p> <p><b>Basketball:</b> How many foul shots can you make in two minutes? <a href="https://youtu.be/iW2VFzBiaQo">https://youtu.be/iW2VFzBiaQo</a></p> <p><b>Wrestling/Swimming:</b> How many stand-up sit-ups can you complete in a minute? <a href="https://youtu.be/panVpr1Dz68">https://youtu.be/panVpr1Dz68</a></p> <p><b>Cheerleading:</b> How many cartwheels can you complete in a minute? <a href="https://youtu.be/PYCsrRGINHA">https://youtu.be/PYCsrRGINHA</a></p>
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December 21- January 6

### Coaches check-in with students at least once during the week.

<p style="text-align: center;"><b>Conditioning Challenge</b></p> <p style="text-align: center;"><b>Cha Cha Slide Plank Challenge</b></p> <p><a href="https://youtu.be/x_YFkVSp34s">https://youtu.be/x_YFkVSp34s</a></p> <p>How long can you last in the routine before you need to take a break? Send in the longest time you can last in the routine before you need to take a break*.</p> <p>*A break would be considered:</p> <ul style="list-style-type: none"> <li>● Pausing in the routine</li> <li>● Breaking proper form</li> <li>● Resting on knees</li> </ul>	<p style="text-align: center;"><b>Sport Specific Challenge</b></p> <p><b>Basketball:</b> With a ball in your right and left hand, how many times can you dribble 15 feet forward and 15 ft. backward in a minute? 15 ft. forward + 15 ft. backward = one repetition <a href="https://www.youtube.com/watch?v=-Kp1ZTCMSsQ&amp;t=7s">https://www.youtube.com/watch?v=-Kp1ZTCMSsQ&amp;t=7s</a> (0:00-0:05 only)</p> <p><b>Wrestling/Cheerleading:</b> How long can you hold a handstand position without support? <a href="https://youtu.be/75l2rjzBPLw">https://youtu.be/75l2rjzBPLw</a></p> <p><b>Swimming:</b> How long does it take you to run a mile?</p>
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January 11-14

**Coaches check-in with students at least once during the week.**

**Conditioning Challenge**

**Slide and Run**

*Set up two markers approximately 15 feet apart. With knees bent 45 degrees, shuffle to the other side (do not let your feet hit each other or cross one another) and return. Go as hard as you can for 30 seconds. Count the number of touches\* you get in the time.  
\*Touch = shuffle 15 ft. one direction*

**Sport Specific Challenge**

**Basketball:** Mikan Drill: How many can you make in 1 minute?

<https://youtu.be/2IFq7T6pmu8> (1:21-2:00)

**Wrestling:** How much time does it take you to complete 10 Sit outs?

<https://youtu.be/NXpSdD818Wk>

**Cheerleading:** How many times can you rope jump in 30 seconds?

<https://youtu.be/jyTwUdsXtil>

**Swimming:** How far can you jump doing a standing broad jump?

<https://youtu.be/CpmTk9kmdm8>