

Workout Plan 4/20 - 4/24

if you don't have a wall/rebounder pass with a family member, they can use a baseball glove to catch with

Monday 4/20

Stretch/Dynamic 5 minutes

Cardio/Workout

*Perform each exercise for 30 seconds straight and rest 10 seconds between each workout.
Rest for 90 seconds between each round*

[Walkouts](#)

[Reverse Lunge Reaches \(Alternating\)](#)

[Lateral Shuffle](#)

[Bodyweight Squats](#)

[Squat Jumps](#)

[Lateral Bounds](#)

[Quick Feet In and Outs](#)

Go through the circuit 3 times

Stickwork

Wrist Strengthening

- *1 minute hold left and right hand. Make sure your hand is at the bottom of your stick. Hold your stick straight out in front of you with a ball in it.*
- [Half Moons 15 each hand](#). Use a tennis ball to start if a lacrosse ball is too difficult
- [Up and Overs - right/left hands](#). Go for 45 seconds on each hand.

Repeat the wrist strengthening drills twice

Wall Ball

50 Right

50 Left

25 All reverse right

25 all reverse left

Tuesday 4/21

Stretch/Dynamic 5 minutes

Workout

Interval Running

After warming up, bring a watch or phone for your run

Interval Training Sequence

Sprint for 1 minute

Walk for 2 minutes

Sprint for 1 minute

Walk for 2 minutes

Sprint for 1 minute

Walk for 2 minutes

Repeat 2 times

Wall Ball

25 One hand right

25 One hand left

25 Catch right, throw left

25 Catch left, throw right

25 Catch right, throw right reverse

25 Catch left, throw left reverse

Wednesday 4/22

Stretch/Dynamic 5 minutes

[T-Drill](#) - 4 times

[3 Cone Drill](#) - 4 times

[5-10-5 Drill](#) - 4 times

Draws- if you normally don't take the draw, still do these drills they are great for any position on the field and who knows maybe you have a secret draw talent

[Pop and Snag](#)

[Technique Practice](#) - try to consistently place the ball in front, behind and straight up

Shooting- if you don't have a net, try to find a target to aim at, shoot at a chain link fence

[Form and Placement](#)

[Power Shot](#)

Thursday 4/23

Stretch/Dynamic 5 minutes

ACL Jumps

Key to these workouts is to perform them with good form. Speed is not the point, controlled movements focused on quality.

[Wall Jump x15 - 2 reps](#)

[Tuck Jump x15 - 2 reps](#)

[Squat Jump x15 - 2 reps](#)

Dodges

[Face Dodge](#)

- Make sure you are getting reps dodging to the left and right
- Try to complete your dodge as close to the obstacle as possible
- Notice in the video the change of speed coming out of the dodge
- Try to keep your stick in close when dodging to make sure its protected

[Stutter Step Cones](#)

- Make sure to go through multiple times with both your left and right foot leading the dodge
- Start slow make sure you do the footwork correctly then build up speed

[Dodge Pattern](#)

- Start slow and get the footwork right

Friday 4/24

Stretch/Dynamic 5 minutes

Wall Ball - practice fakes/dodges on the wall. Just work on the upper body part of the dodge. Try to get your hands to “sell” the dodge while keeping the ball under control. Complete 25 on each hand

[1 hand right face dodge](#)

1 hand left face dodge

2 hand right face dodge

2 hand left face dodge

[1 hand right hitch fake](#)

1 hand left hitch fake

[2 hand right hitch fake](#)

2 hand left hitch fake

Stick Tricks

[Juggling](#)

[Stick Trick](#)

[Kenzie Kent Stick Trick](#)

[Dempsey Arsenault Stick Trick](#)

[Michelle Tumolo Stick Trick](#)