

Workout Plan 5/4 - 5/8

Monday 5/4

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Ladders - If you don't own one you can make your own using chalk or tape on your driveway or in your garage. Go through each foot sequence 2 times before moving onto the next on. After you have gone through each of the footwork drills twice, complete a new round while cradling through the footwork. You should go through the ladder 4 times total.

** for a challenge try to cradle through the ladder with 1 hand **

[Two Feet In](#)

[Icky Shuffle](#)

[Icky Shuffle Backwards](#)

[In, In, Out, Out](#)

- Make sure to switch your lead foot with each new round

[Forward In and Out](#)

Wall Ball or Catch:

50 Left

50 Right

25 catch left throw right

25 catch right throw left

Tuesday 5/5

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio

Perform each exercise for reps assigned, rest 1min seconds between set. Perform 2 consecutive sets of each exercise.

[SQUAT](#) x12

[PUSH UP](#) x12

[SPLIT SQUAT](#) x12/leg

[PLANK WALK OUTS](#) x15

[1-LEG STIFF LEG DEADLIFTS](#) x12/leg

[TRICEP DIPS](#) x12

[SIDE PLANK HIP DIPS](#) x20/side

Watch Lacrosse

Watch this [game](#) for at least 15 - 20 minutes

- Watch how players work together defensively
- Movement in transition
- Ball and body movement on attach

Wednesday 5/6

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio/Workout

[Stair Workout](#)

Goalie Work

[Review Stance](#)

- See what you like that he suggests
- Try something new if it is not your normal stance/mechanics

[Step and Repeat](#)

[Mechanics Circuit](#)

Thursday 5/7

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio

[Taylor Cummings Agility Workout](#)

Stickwork

[Kylie Ohmiller Wall Ball](#)

Goalie

[Hands Speed Drills](#)

Friday 5/8

Goalie Work

[Hot Hands](#)

[Hand Speed Drill](#)

[Bottom of Stick Drill](#)

[Low Shot Footwork](#)