

## Workout Plan 4/13 - 4/17

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

Monday 4/13

### 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*

[Alternating Split Jumps](#)

[Narrow Squats](#)

[Sumo Squats](#)

[Push Ups](#)

[Shoulder Taps](#)

Go through the circuit 3 times

Finish with 1 minute plank after completing the final circuit

#### Goalie Work

[Learn how to Juggle](#) if you don't already know

If you do know try this

- Juggle with standing on one leg, alternate left and right
- [Juggle off a wall](#)

Tuesday 4/14

### 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](#)

Workout

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

[Walkouts with push up](#)

[Left side Plank](#)

[Right side Plank](#)

[Russian Twists](#)  
[Leg Raises](#)  
[Alternating Arm/Leg Plank](#)  
[Heel Taps](#)

*Complete the circuit twice*

### **[Watch Lacrosse](#)**

Watch at least the first 20 - 30 minutes of this lacrosse game. Watch the goalie and how she moves to the ball with each save. Also watch how she will communicate with D and transition/clear the ball

Wednesday 4/15

### **Stretch/Dynamic 5 minutes --**

**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](#)

### **Goalie Drills**

- [Hand Eye Drill](#)
- [Hand Eye Drill 2](#)
- [Saves Drill](#)

Thursday 4/16

### **Stretch/Dynamic 5 minutes**

### **Footwork - do each exercise for 30 seconds**

[Lateral Line Jumps](#)  
[Backwards/Forwards Line Jumps](#)

Right Leg Lateral Line Jump

Left Leg Lateral Line Jump

Right Leg Backwards/Forwards  
Left Leg Backwards/Forwards

### **Goalie Work**

#### [Footwork Warmup](#)

- Get pass from every side - example: stick side high or off stick side low
- Focus on footwork
- 10 shots/passes from each position

#### [180 Degree Turns](#)

#### [Quick Hands Drill](#)

Friday 4/17

### **Stretch/Dynamic 5 minutes**

#### **Cardio/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

#### **Wall Ball**

[Wall Ball Goalie Version](#)