

**Workout Plan 3/30 - 4/4**

Monday 3/30 - Happy Opening Day of the Season!!

**Stretch/Warm up**

Take 5 to 10 minutes to do some dynamic stretching

**Cardio**

Run 1 to 2 miles outside

**Wall Ball or Catch:**

Use a rebounder, find a brick wall or borrow a sibling/parent to play catch

50 one hand right

50 one hand left

50 two hands right

50 two hands left

25 catch left throw right

25 catch right throw left

25 catch reverse throw right

25 catch reverse throw left

Key to wall ball is pushing yourself to go fast and undercontrolled. Use good form and try to consistently put the ball on the same spot on the wall/rebounder

Tuesday 3/31

[Zoom Meeting for 10th, 11th,12th Graders](#) at 3:30

**Stretch/Warm up**

Take 5 to 10 minutes to do some dynamic stretching

**Cardio**

[3 Cone Drill](#) - 4 times

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

Goalie Work - Quick Hands

[Warmup](#)

- You should be catching with your strong hand, the one typically at the top of your stick

[Footwork](#)

- For this drill really focus on stepping with the correct feet

- Make sure the foot closes to the ball is getting in position when you are moving to catch the ball

#### [Wall Ball Reactions](#)

- If you don't have a wall to work with you can turn your back to the person throwing
- They can say "go" and you quickly do a 180 and to save the ball

Wednesday 4/1

#### **Yoga Sculpt 3:45**

ehs\_girlslacrosse will have a live workout on our Instagram

Thursday 4/2

#### [Zoom Meeting 8th, 9th Graders @ 4:15](#)

##### **Stretch/Warm up**

Take 5 to 10 minutes to do some dynamic stretching

##### **Stickwork**

5 Minute Wall Ball Warmup

- Alternate hands
- Switching with speed
- Keep the 5 minutes high temp -- you should be tired after this time
- Goal is to consistently keep the ball going off the wall with few drops for 5 minutes without pausing for a break

##### **Goalie Work**

###### [Footwork](#)

- For this drill really focus on stepping with the correct feet
- Make sure the foot closes to the ball is getting in position when you are moving to catch the ball

###### [Roll Drill](#)

- Again focus on doing the footwork correctly

###### Shoots

- If you have someone to help shoot on you practice making saves
- Someone can just throw the ball with their hand for you to save if they don't have a stick or can't shoot

- Use tennis balls if you don't have lacrosse balls or are worried about lacrosse balls damaging something
- Practice saves at each level
  - 10 save stick side high
  - 10 save off stick side high
  - 10 saves stick side low
  - 10 saves off stick side low

Friday 4/3

Check Instagram for our Friday Challenge

Participate and tag us in your story!