

Workout Plan 4/27 - 5/1

Monday 4/27

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](#)

Goalie Work

[Wall Ball Goalie](#)

[Mechanics Circuit](#)

[Roll Drill](#)

Tuesday 4/28

Yoga Sculpt 4:30

ehs_girlslacrosse will have a live workout on our Instagram

Wednesday 4/29

Cardio/Workout

*Perform each exercise for 20 seconds straight and rest 10 seconds between each workout.
Rest for 90 seconds between each round*

[Mountain Climbers](#)

[Split Stance Jumps - Alternating](#)

[Squat Jumps](#)

[Raised Leg Circles](#)

[Plank Rotations](#)

Go through the circuit 3 times

[Wall Ball Circuit](#)

Complete 30 reps for each change

Thursday 4/30

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio

[T-Drill](#) - 4 times

[3 Cone Drill](#) - 4 times

Complete Circuit Twice

Goalie Work

[Walk the line](#)

[Hot Hands Drill](#)

[Hand Speed Drill](#)

Friday 5/1

Wall Ball/Passing

[Hand Speed Drills](#)

[Ball Toss Drill](#)

[Reaction Drill](#)