

Workout Plan 3/30 - 43

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

[T-Drill](#) - 4 times

[3 Cone Drill](#) - 4 times

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

Wall Ball

50 Right

50 Left

Wrist Strengthening

[Taylor Cummings Workout](#)

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

Skills

*If you are shooting with no net, you can shoot on a fence, wall, rebounder, get creative!
Maybe use a tennis ball if you are worried about a lacrosse ball breaking something*

Shot Fakes

- Start slow and really focus on the technique
- As you get more comfortable start to build up speed
- Try to add the shot fake on the move
- This fake can also work as a pass fake if you are passing in transition or a settled offense

8 Meters

- Really work on the footwork element of 8 meters
- The first part of the video focuses on takes about your initial steps off the line
- If you are a defender, the same first steps can be applied to defending an 8 meter shot
 - Try to be quick off the line and get at an angle a few steps ahead of the shooter
- Practice with a someone else saying "go" to improve reaction time

Split Dodges to Goal

- First part of the video talks about how important footwork and steps are
- Dodge a cone or chair and work on getting the footwork correct
- You beat a defender with your feet more than your stick, so make your footwork great
- This dodge can be used anywhere on the field, if you are a defender it's great to use in transition



Friday 4/3

Check Instagram for our Friday Challenge
Participate and tag us in your story!