

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:

[Taylor Cummings Wall Ball Warm Up](#)

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](#)

[Wall Ball Circuit](#)

Complete 30 reps for each change

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](#)

Draws

[Pop and Snags](#)

[Technique Practice](#)

- Complete 20 with the ball being placed in the following areas - pushing to the front, pulling behind, and punching straight up

[Wrist Strengthening](#)

Friday 5/8

Wall Ball/Passing

[Wrist Strength](#)

- Give reps to both your left and right hand at the bottom

- If you don't have cones, you could use two balls to figure 8 through

[Fast Feet Dodging](#)

- If you don't have a net, use a rebounder, fence, a bucket, whatever you could use as a target in place of a net
- Try different dodges at each cone

[Triangle Dodges](#)

- There are several different dodges in the video
- Make sure you get the footwork correct before increasing speed

[Dodge Footwork Challenge](#)