

Spring 2020 Girls' Lacrosse Workouts

Day 1:

Agility-

2 mile run

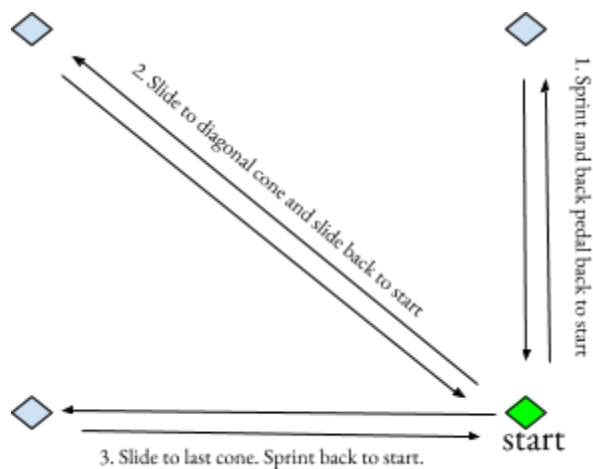
2 min plank

x100 sit ups

x50 push ups

x20 box work (create a box using four cones, create sprinting and sliding patterns) (each pattern is one rep)

(ex.)



Wall Ball-

x100 right (two hand)

x100 left (two hand)

x50 right (one hand)

x50 left (one hand)

*If you're having trouble with the one handed throws you most likely have to get your elbow up higher and snap your wrist on the follow through. To catch, leave your target out after the release and GIVE with the ball.

x50 weak side right (catch and throw weak)

x50 weak side left (catch and throw weak)

x50 side arm right

x50 side arm left

* If you don't know what a side arm is, here's a link <https://youtu.be/Lu7baXEr5C4> (this is a shooting tutorial but the same technique is used for the pass, just less power.)

x50 twizzler right

x50 twizzler left

*If you don't know what a twizzler is, here's a link <https://youtu.be/mBX4OUcf0Rg>

+20 ground balls on grass

Day 2:

Agility-

x15 100m sprints

2 min wall sit

x50 Goblet Squats (if you don't have weights just do 100 regular squats)

x30 Burpees

x100 Russian Twists

Wall Ball-

x100 right (two hand)

x100 left (two hand)

x50 right (one hand, standing on left foot (snap wrist on release))

x50 left (one hand, standing on right foot (snap wrist on release))

x50 weak side right (catch and throw weak)

x50 weak side left (catch and throw weak)

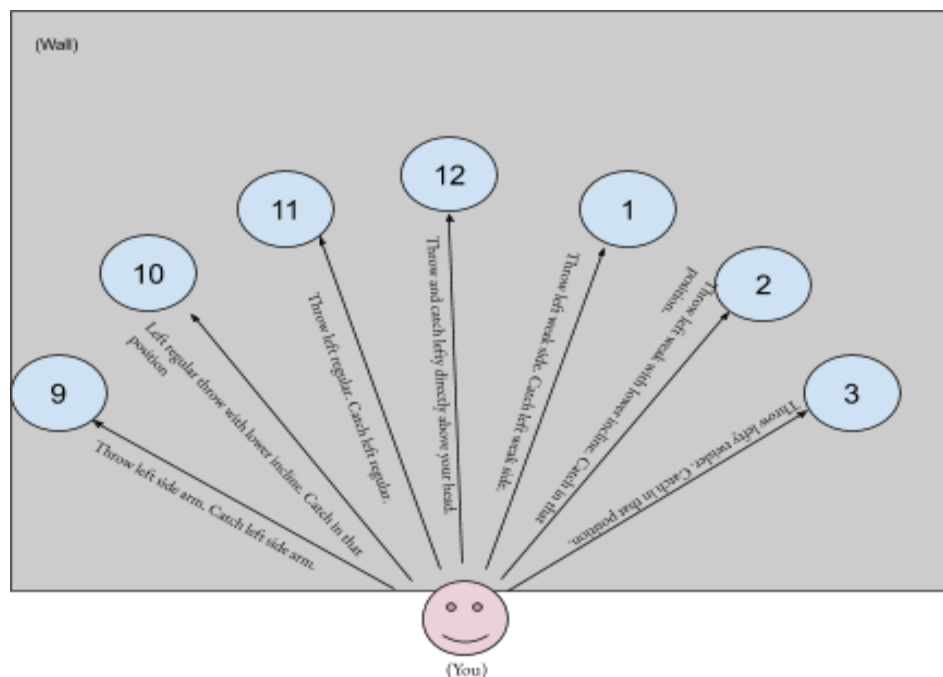
x100 quick stick right

x100 quick stick left

x50 clocks right

x50 clocks left

* A clock is when you hit numbers “9, 10, 11, 12, 1, 2, 3” on an imaginary clock on the wall. So if we take the left hand as an example, “9” would be a left side arm, “10” regular left throw with a low release point, “11” regular left throw, “12” left throw directly over your head, “1” weak side left regular, “2” weak side lower release, “3” left handed twisler. When you make it all the way from 9 to 3 that counts as one rep. When you get to three try to go back to nine! This is a great drill for adapting to the ball and learning how to catch hard passes. (ex.)



Day 3:

Agility-

4 mile run

x100 situps

x75 push-ups

x15 Slide -> Sprint -> Pick up



Wall Ball-

x100 right (two hand)

x100 left (two hand)

x50 right (one hand)

x50 left (one hand)

x50 right hand (right hand on the bottom of the stick (helps build wrist strength))

x50 left hand (left hand on the bottom of the stick (helps build wrist strength))

x50 behind the back right

x50 behind the back left

*If you don't know how to do a behind the back, here's a link <https://youtu.be/9vJixXJMGcc>

x50 around the world right

x50 around the world left

*If you don't know how to do an around the world, here's a link https://youtu.be/xOcRgkkOS_k

Day 4:

Agility-

x20 Hill Runs (find a hill and sprint!)

x30 Box Jumps (you can do this with any concrete park bench! If you can't quite jump that high, stepping up onto it will still build your quads)

x100 Flutter kicks

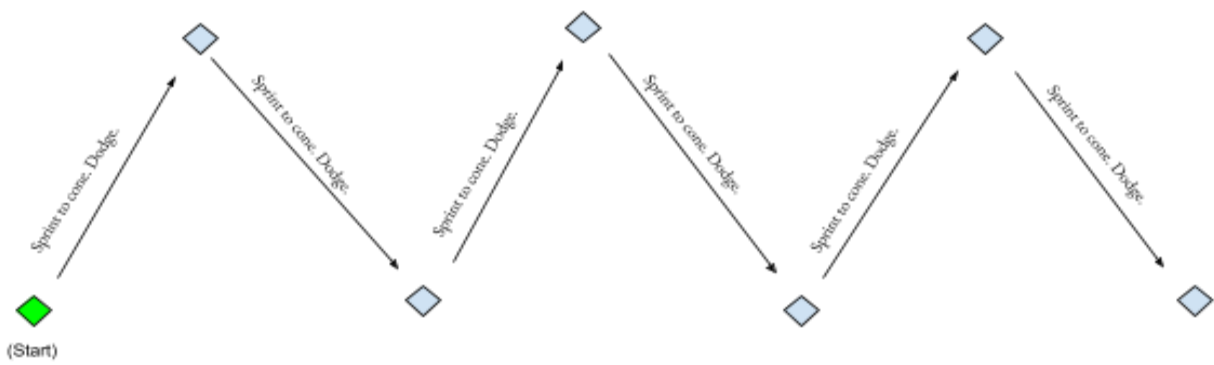
x50 pushups

3 sets of 15 zig zag dodges (First Set: Split Dodge. Second Set: Face Dodge. Third Set: Roll Dodge)

*Split Dodge Tutorial: <https://youtu.be/gLyrySurGbc>

*Face Dodge Tutorial: <https://youtu.be/xa38gXAdnPQ>

*Roll Dodge Tutorial: <https://youtu.be/x3DAuV0T6Yc>



Wall Ball-

x100 right (two hand)

x100 left (two hand)

x50 right (one hand)

x50 left (one hand)

x50 weak side right (Catch weak side, throw regular)

x50 weak side right pt.2 (Throw weak, catch regular)

x50 weak side left (Catch weak side, throw regular)

x50 weak side left pt.2 (Throw weak, catch regular)

x100 quick stick right

x100 quick stick left

+20 ground balls on grass