

Week 1:

Lacrosse theme: Shake the rust off/FUNDamentals

		Workout 1 (Complete 2-3 times/week)			Workout 2 (Complete 2-3 times/week)		
		Drill	Setup	Description	Drill	Setup	Description
Lacrosse Training	Wall Ball Circuit	Use a concrete/brick wall or a rebounder.	Focus on your form and increase speed as you get comfortable.	Wrist Strengthening One Hand Toss Ups Wrist Strength Holds Up and Overs	Complete 15 reps each hand, complete the wrist strengthening circuit twice		
	Partner Passing (if possible)	Work with a partner to complete our usual passing routine.	25 passes of each pass type (all right, all left, quicksticks, catch and switch, reverse passing, reverse catching)		Practice both Left and Right hand at the bottom of your stick		
	One handed grabs	Have a partner available to throw the ball high in the air (they do not need a lacrosse stick).	Complete 25 reps with your left and right hands. Remember that you should be holding your stick at the bottom, and not the middle. Added challenge: jump to meet the ball in the air.		Take your time, practice with both right and left		
					Practice both Left and Right hand at the bottom of your stick		
Goalie	Complete Wall Ball Circuit Above			Walk the Line		10 reps for each of the following shots: stick side high, off stick side high, stick side low, off stick side low	
	Hand Eye Drill 1	two lacrosse balls or tennis balls. Need a wall/smooth surface	try to get into a rhythm. Top hand should be your dominant hand	Ball Toss Drill	One ball and a partner (if possible)	Get 10 tosses at each level; high shots, middle, and low. Focus on footwork and stepping with the correct foot	
	Hand Eye Drill 2		can be completed individually or with partner	Mechanics Circuit	5 balls in an arc. Imagine you are in net and each ball should be evenly placed in an arch. The ball should be easily reached with your normal step to save a shot	Take your time and make sure you are using good form	
	Walk the Line		10 reps for each of the following shots: stick side high, off stick side high, stick side low, off stick side low	Reaction Drill	Wall, rebounder, or someone throwing it to you	Focus on footwork, stepping and punishing to the ball. Make sure to start farther out and slowly make your way closer to the wall	
Footwork/Conditioning/Agility	Drill	Setup	Description	Drill	Setup	Description	
	Line jumps	For this drill, you will need a line or a lacrosse stick to jump over.	Complete the circuit below using this pattern: 30 seconds of jumping, 1 min break. - Side to side (both feet) - Side to side (right foot) - Side to side (left foot) - Side to side bunny hop (Both feet. Two jumps on the left, two jumps on the right. Repeat. - Front to back (both feet) - Front to back (right foot) - Front to back (left foot) - Front to back bunny hop (Both feet. Two forward, two jumps backwards. Repeat.)	TCO Workout			