

Wall Ball - complete daily

Description	8U/10U	12U/14U
If possible, use a rebounder or find a brick or concrete wall. Do not do wall ball on a garage door.	Complete each drill 25 times	Complete each drill 50 times, aiming for the same spot on the wall
	Two hands - all right handed	Complete 8U/10U circuit
Wall Ball takes time to develop skill. Be patient and ready to chase the ball down.	Two hands - all left handed	Catch right, throw reverse
	Two hands - catch and switch hands with ball in the stick	Catch left, throw reverse
Adjustments for players: put the ball higher on the wall, adjust speed of the pass so the ball snaps back to the stick at shoulder height	One hand - all right handed (10U only)	Catch and switch when ball is in the air
	One hand - all left handed (10U only)	All reverse right
		All reverse left

Partner Passing - complete daily

Description	8U/10U	12U/14U
Consider passing with a parent or sibling	Distance: 8-10 feet apart	Distance: you choose - remember to practice long passes too
	Complete 10 of each	Complete 25 of each
	All right hand	Complete 8U/10U circuit
	All left hand	Quicksticks (Right and Left) (Single and two hands)
	Catch right, throw left	Catch right, throw reverse
	Catch left, throw right	Catch left, throw reverse

Footwork

	Description	8U/10U	12U/14U
Line Jumps (2-3 times per week)	We do a good amount of line jumps during Winter Wall Ball to keep our feet active. This can be done indoors or outdoors. Create a line using tape, chalk, or even a	one foot - forward/backward	Complete the same pattern as 8U/10U twice. Rather than jumping over your stick, hold your stick in defensive position as you complete the circuit.
		one foot - side to side	
		both feet - forward/backward	
		both feet - side to side	
Agility Ladders (2-3 times per week)	Agility ladders are another great tool for footwork. If you do not have a ladder at home, it can be made with chalk or tape. Ladders typically have at least 10 squares (18 inches x 18 inches), but dont worry to much about perfect measurements.	5 minutes	10-15 minutes, do each pattern at least twice down and back
		Focus on simple patterns and completing them all the way through, even if it means going slower.	Complete 8U/10U circuit
		one foot hops (left and right)	Focus on completing patterns correctly through the entire ladder before increasign speed.
		both feet hops	Icky shuffle (2 feet in, one foot out)
		run through with high knees	Reverse icky shuffle (one foot in, 2 feet out)
		Hop-scotch (start with two feet outside the ladder, hop and brign two feet into the ladder, repeat)	Jump two forward, hop one back, repeat
		Freestyle - make your own pattern	

Conditioning

	Description	14U	12U	8U/10U
Shuffles (1-2 times per week)	Setup two boundaries 8-9 feet apart (you can use pens, water bottles, stuffed animals... anything!)	Complete in defensive stance with your stick in hand: knees are bent, eyes are up, back is straight, arms are out with your stick with bent elbow ("hug the tree"). Pattern: 45 seconds of shuffles, 30 seconds of rest. Repeat 4 times.	Optional	-

<p>15-20 yard sprint to Ground Ball (1-2 times per week)</p>	<p>Setup two boundaries 15-20 yards apart outside. Set lacrosse ball between the start and end lines.</p>	<p>Complete sprint to endline with your stick in hand. Pickup the ground ball on your return to the start line and continue to hustle through the line. Reset and repeat 8-10 times, 20 second rest bewteen reps. This can be completed with a partner as well (like we do in practice - two players goign for the same ball).</p>	<p>Optional</p>	<p>-</p>
<p>Jogging (3-4 times per week)</p>	<p>With the updated rule change allowing for "Free Movement", it is important that players are conditioned.</p>		<p>Optional</p>	<p>-</p>
<p>200-yard sprint (1-2 times per week)</p>	<p>Sprint 50 yards out, touch the line with your hands, run back. Repeat 1 more time for a total of 200 yards. Rest for 1 minute and try to repeat 2-3 more times.</p>	<p>This pattern is great for bulding up endurance for the 300-yard sprint.</p>	<p>-</p>	<p>-</p>
<p>300-yard sprint (1-2 times per week)</p>	<p>Sprint 50 yards out, touch the line with your hands, run back. Repeat 2 more times for a total of 300 yards. Rest for 2 minutes and try to repeat 1 or 2 more times.</p>	<p>I can guarantee that this pattern will show up at EHS tryouts, and also in 14U summer practices. This is ideally done 3 times in a row, with the goal of players having 3 times within 5 seconds of eachother for each rep.</p>	<p>-</p>	<p>-</p>