

# Optional May 2020 at Home Workouts

Complete your workouts and practicing individually.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Rest	11 Cardio Workout #1 and #2	12 Wrist Strengthening exercise #1  Wall Ball Routine #1	13 Skills # 1,2,3  Goalie Specific Trainings	14 Cardio # 1 and # 3	15 Film Watching	16 Connect with a current, former, or new ERZ lacrosse teammate
17 Rest	18 Cardio #6	19 Stick Trick #1,2,3  Goalie Specific Trainings	20 Cardio # 1 and #4	21 Wall ball Routine # 2 then # 1	22 Cardio # 1 and #5	23 Share a favorite memory with a current, former, or new ERZ lacrosse teammate
24 Rest	25 Cardio #7	26 Skills # 4, 5, 6  Goalie Specific Trainings	27 Cardio # 2, 3, 5	28 Wrist Strengthening exercise #1  Wall Ball Routine #1	29 Film Watching	30
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## Cardio

#1 - Run 1 to 2 Miles

#2 - Perform each exercise for 30 seconds; then rest 10 seconds. Go through the circuit 3 times.

- Alternating Split Jumps- <https://www.youtube.com/watch?v=W5UvascpJ3Y>
- Climbers- <https://www.youtube.com/watch?v=w2iTOneGPdU>
- Jumping Lunges- <https://www.youtube.com/watch?v=Kq5lZ4o26Ho>
- Push Ups
- Shoulder Taps- <https://www.youtube.com/watch?v=gWHQpMUd7vw>

#3 - T-Drill - 4 times <https://www.youtube.com/watch?v=Prd9RS0Xglg>

3 Cone Drill - 4 times <https://www.youtube.com/watch?v=p1tYu3uytGo>

5-10-5 Drill - 4 times <https://www.youtube.com/watch?v=QKxEyRx4EYk>

#4- Perform each exercise for 30 seconds; then rest 10 seconds. Go through the circuit 3 times.

- Walkouts with push up
- Left Side Plank
- Right Side Plank
- Russian Twists
- Leg Raises
- Alternating Arm/Leg Plank
- Heel Taps

#5 Ladder Drills – Go through each one twice, then move on to the next. After you have finished each footwork 2x; grab your stick and complete the footwork while cradling.

- [https://www.youtube.com/watch?v=ndUPjK1o1\\_M](https://www.youtube.com/watch?v=ndUPjK1o1_M)

- <https://www.youtube.com/watch?v=vA1pvtXHNhw>
- <https://www.youtube.com/watch?v=94lbKfXiVJI>
- <https://www.youtube.com/watch?v=EwP8ID8CDbY>

#### #6 Stair Workout

- <https://www.youtube.com/watch?v=J8Wsi3baLoA>

#### #7 Body Weight Workout

- <https://www.youtube.com/watch?v=VGqsjxH5suU>

## **Skills**

#### #1 - Shot Fakes - <https://www.youtube.com/watch?v=wFkDo8Cbpis>

- Try to add the shot fake on the move
- This fake can also work as a fake pass

#### #2 - 8 Meters – <https://www.youtube.com/watch?v=9AFWgPIqrTw>

#### #3 - Dodging- [https://www.youtube.com/watch?v=dD\\_tkmVLnyQ](https://www.youtube.com/watch?v=dD_tkmVLnyQ)

#### #4 – Draw

- <https://www.youtube.com/watch?v=IP-tYLqD0w8>

#### # 5 Placement Shooting

- <https://www.youtube.com/watch?v=zfCQ1o-j1TA&list=PLDwlDwK58q9FRW8TzXXC2hIDxTaly7wBm&index=10>

#### #6 Stick Checking Drills

- <https://www.youtube.com/watch?v=T7bqKxUKdUE>

## **Film Watching**

Film video options:

- <https://www.youtube.com/watch?v=XYG0yxde7JI>

- [https://www.youtube.com/watch?v=aMtPVrLg\\_eE&disable\\_polymer=true](https://www.youtube.com/watch?v=aMtPVrLg_eE&disable_polymer=true)
- <https://www.youtube.com/watch?v=ALVg2tlwED8>

Some questions you can ask yourself while watching the game: What do you notice about a college level game play versus high school? What type of offense and defense do they run? What do you notice about the goalie clears? How do they transition through the midfield?

## **Stick Tricks #1**

- Dempsey Arsenault Stick [https://www.youtube.com/watch?v=3GuQC\\_Gv2ZY](https://www.youtube.com/watch?v=3GuQC_Gv2ZY)
- Michelle Tumolo Stick Trick <https://www.youtube.com/watch?v=mWbxyXLYhEw>
- Over/Under- <https://www.youtube.com/watch?v=zuDmUMgNx8g>

## **Goalie Drills**

- <https://www.youtube.com/watch?v=35-aL3p4GrA>
- <https://www.youtube.com/watch?v=d0hqdsi0iZE>
- <https://www.youtube.com/watch?v=yQnYkgyWSM0>

## **Wall Ball Routine**

### **#1**

- 25 right hand
- 25 left hand
- 25 quick stick right
- 25 quick stick left
- 15 one-handed right
- 15 one-handed left
- 15 BTB right
- 15 BTB left
- 40 catch right throw left, throw left catch right
- 25 right with fake
- 25 left with fake

Additional options- Wall ball then shoot, ground ball to wall ball, dodging then shoot/wall ball

#2 <https://www.youtube.com/watch?v=dOvCK2i0INo>

## **Wrist Strengthening**

#1 [https://www.youtube.com/watch?v=RoW5c\\_-lVQY](https://www.youtube.com/watch?v=RoW5c_-lVQY)