

Week 2:

Lacrosse theme: Cradling and Dodging

Zoom Theme: Jersey Party - wear your favorite sports jersey!

		Workout 1 (Complete 2-3 times/week)			Workout 2 (Complete 2-3 times/week)		
		Drill	Setup	Description	Drill	Setup	Description
Field Player		One handed warm up	Lacrosse stick, ball, and open space	Skip to 38 seconds into the video. 1. Tap the fingers, 1B. One hand splits, 2. Low flips, 3. High flips, 4. Figure 8s, 5. One handed cradle. Make sure to review the video a few times. This is new for all players.	Wall Ball Circuit with Fakes	wall, rebounder, can be done with a partner too	Circuit: switches, fake pass, thread the needle, level change. Start with slowing getting each movement correct. After you feel comfortable, start to do 4 of each movement and smoothly transition to the next movement without stopping
		Face Dodge	setup a cone or borrow a family member to play defense	Practice each of the dodges 10 times each for 2 rounds. Focus on doing the footwork correct and then picking up speed as you get more comfortable. Remember good dodging is all about your feet. Try to dodge as close to the cone as possible	Footwork Warm Up	Ball and space to move	Work on your footwork. Stepping hard to work on a change of direction
		Roll Dodge		10 times each for 2 rounds	KO Dodge Drill	4 cones (or items similar to cones) Optional partner at the end for a toss	Face Dodge, Roll Dodge. Get comfortable with the dodges first before going through cones.
		Split Dodge		10 times each for 2 rounds	Challenge Dodge Drill	5 cones, watch the video to see for best placement	Slowly build up speed. Dodgin is about a change of speed and direction. Good dodger have good footwork
Goalie		Juggling	3 balls - tennis or lacrosse balls work. Probably easier to start with tennis		Juggling off the wall	use a tennis ball or lacrosse ball	
		Footwork Drill	Ball, partner to toss it	Focus on steps and balance on saves	Wall Ball Circuit Goalie Style		
		180 Degree Turns	Ball and partner	start with back to part, quickly turn and locate the thrown ball	Wall Ball Reactions	partner ball	work of stepping and finding the ball quickly
		Quick Hands Drill	Partner and ball	feet remain planted and partner toss the ball. Work quick hand reactions an tracking the ball	Shots (if possible)	lacrosse balls or tennis balls	Try to have a family member shoot on you. You can use a wall or fence for your "goal". The shooter can also throw the ball for a "shot"
Agility		Taylor Cummings Ladder Footwork	If you have an agility ladder, use it. If not, create a ladder outside using chalk or inside tape - remeber to create 10 boxes.	Complete each pattern down and back twice.. 1. one foot in each box, 2. two feet in each box, 3. side shuffle, 4. ickey shuffle, 5. slalom, 6. scissor skicks. Bonus: create 2 more patterns.	TCO Workout		