Lacrosse Weekly Schedule

**Week 1**

**Monday**

Workout Challenge:

* 20 body weight squats
* 30 second plank
* 10 burpees
* 30 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 10 pushups
* 30 second wall sit

repeat this workout 2-3 times

This workout will be every Monday and Wednesday’s activity. We will be increasing the reps and time for certain workouts each time it is assigned.

**Tuesday**

Stick Skills

* Please watch the video on the website titled “Cradling Tips and Tricks”. This will help you
* Pick up your stick and practice your cradling and ground balls. These are two functions you can do by yourself in your backyard, you do not need a wall for wall ball or another person to help you. You want to get used to having your stick back in your hand.

**Wednesday**

Workout Challenge

* 25 body weight squats
* 35 second plank
* 10 burpees
* 35 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 10 pushups
* 35 second wall sit

repeat this workout 2-3 times

**Thursday**

Stick Skills

* If possible, have a partner pass with another person. Practice catching and throwing with both your right and left hand. Get used to the motions and practice the correct formation. If you do not have access to a partner for a pass, find a wall to practice some wall ball. If you don’t have a partner or a wall, then continue to practice your cradling, ground balls, and you can still practice throwing.

**Friday**

Stick trick Friday!

* Upload a video of you doing your best/ favorite stick trick. Here is a link with some examples if you need inspiration.

**Week 2**

**Monday**

Workout Challenge

* 30 body weight squats
* 40 second plank
* 15 burpees
* 40 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 15 pushups
* 40 second wall sit

Repeat this workout 2-3 times

Tuesday

Stick Skills and Footwork

Wednesday

Workout Challenge

* 35 body weight squats
* 45 second plank
* 15 burpees
* 45 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 15 pushups
* 45 second wall sit

Repeat this workout 2-3 times

Thursday ~ Free day

Friday

Stick trick Friday!

Week 3

Monday

Workout Challenge

* 40 body weight squats
* 50 second plank
* 20 burpees
* 50 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 20 pushups
* 50 second wall sit

Repeat this workout 2-3 times

Tuesday

Wednesday

Workout Challenge

* 45 body weight squats
* 55 second plank
* 20 burpees
* 55 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 20 pushups
* 55 second wall sit

Repeat this workout 2-3 times

Thursday

Friday

Stick trick Friday!

Week 4

Monday

Workout Challenge

* 50 body weight squats
* 60 second plank
* 25 burpees
* 60 second six inches (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 25 pushups
* 60 second wall sit

Repeat this workout 2-3 times

Tuesday

Wednesday

Workout Challenge

* 60 body weight squats
* Plank for as long as you can
* 20 burpees
* Six inches for as long as you can (Step 1: Lie on your back. You can place your hands at your sides, or under the small of your back for extra support. Step 2: Keeping abs tight, lift feet six inches off the floor and hold)
* 20 pushups
* Wall sit for as long as you can

Repeat this workout 2-3 times

Thursday

Friday