

David W. Butler High School

Girls Lacrosse 2010

TEAM,

Here is your fall/winter training packet. This is the beginning of our 2010 season. **THERE IS NO EXCUSE FOR NOT GETTING A WORKOUT IN.** I expect that if you are not participating in a fall or winter sport that you are getting a workout in at least 3 days a week. With that said we will be doing fitness testing at the start of the season as well several times during the season we WILL be retesting.

This team **WILL** be very successful this season. We believe in you all fully, that you will push yourselves physically in your workouts and mentally prepare to work and be focused come February 11th. Prepare now for the season by doing the given running/stick skills as well as taking care of your body nutritionally. You should be picking up your stick AT LEAST 3x a week. The packet is set to begin November 23rd and go until the first day of practice. I recommend you use Tuesday, Thursday and Friday to a hard running workout and Monday and Wednesday to work on stick skills and body core. The workouts in this packet are suggested to help you get into shape, however if you already have a system that works for you, by all means stick with it!

If you have any questions please do not hesitate to email me jdavis742@gmail.com, I am happy to help.

Jenell

Stick Work Drills

1. Strengthen wrist and forearm:

Standing up, holding the end of the stick with left or right hand

- Extend stick in front of you- hold for 30 seconds x2
- Extend/rotate stick to the right- hold for 30 seconds x2
- Extend/rotate stick to the left-hold for 30 seconds x2
- Extend stick in front of you and then raise stick back up 20 times x2
- Extend/rotate stick left to right 20 times x2

2. "100 CLUB"

Remember to have correct hand positioning on the stick and to gradually work up to doing these at game speed.

- 100 Wall balls strong side
- 100 wall balls weak side
- 100 quick sticks strong side
- 100 quick sticks weak side
- 100 ground ball pick-ups
- 100 right side cradle
- 100 left side cradle

3. Cradling

Remember to have the correct hand positioning on the stick and to do these drills at game speed

- Practice jogging and switching your cradle from strong side to weak side
- Practice pivot steps and turning at game speed

Warm ups

1. Stride 20 yards
2. Backpedal 20 yards
3. Shuffle 2x 20 yards
4. Grapevine 2x 20 yards
5. Over hurdles 10 yards
6. Frankenstein Walk (Toe Touches) 10 yards
7. High Skip 20 yards
8. High Knees 10 yards
9. Butt Kicks 10 yards
10. Lunges 10 yards
11. Stride 20 yards
12. Faster stride 20 yards

Body Core Workouts

Average Workout

Squats 5x 10

Burpies 5x 10

Pushups 5x 10

Lunges 5x10 (each leg)

Abs 5x20

Step-ups 5 x 10

All Conference Workout

Burpies 5x20

Mountain Climbers 5x10 (30 secs)

Abs 8x20

Supermans 5x20

All American Workout

Squats 5x20

Pushups 5x20

Lunges 5x20 (each leg)

Abs 10x20

Step-ups 5x20

National Champion Workout

Squat Jumps 3x50

Burpies 3x50

Pushups 12x20

Lunges 5x20

Mountain Climbers 3x 30 seconds

Abs 12x20

Lacrosse Hall of Fame Workout

Squat Jumps 8x50

Burpies 10x50

Pushups 12x50

Lunges 12x20 (each leg)

Mountain Climbers 5x 90 seconds

Ab Bridge 5x1 minute

Step-ups 10x30

Leg Lifts 5x50

Supermans 10x100

Conditioning Exercises

- 50 yard repeats (start on the end line and sprint to the 50 as fast as you can, use your job back to the end line as your recovery job, as soon as you hit the end line turn and sprint back to the 50 yard line)
- 10-20-30-40 Suicide (you should repeat this at least 5 times, try to run it less than 50 seconds, rest for 2 minutes)
- Stadiums running at least 4 sets of 8
- On the track sprint the straightway and jog the curves (try to do at least 10 of these)
- Half Gassers (this is a sprint from one sideline to the other sideline and back, so you should finish where you started, work to do these under 25 seconds and do at least 8 with minute breaks in between.
- Full Gassers (this is the same as a half gasser however it is two round trips, work to do these under 35 seconds and do at least 5 with minute breaks in between)
- Patterned Running (run for at least 20 minutes and at intervals change your speed by sprinting, striding, walking or jogging.
- 300 Yard Shuttle (from the end line you make 3 round trips down to the 50 and back, make sure to touch the line with your hand rest for 2 minutes in between)
- Circuits (create your own circuits with the exercises given or add your own) An example would be Ladders x2, 5 yard suicides x2, Burpies x20, stadiums x5, 25 pushups, 25 sit-ups, 10-20-30-40 suicide, full gasser, 50 jumping jacks and then repeating this once or twice)
- 35 minutes on the bike or elliptical
- Swimming laps at the pool or a 30 minute pool workout
- 100 Yard repeats (the same as 50 yards but to the 100 yard line, work for doing these under 20 seconds and having 30 seconds to recover back to the starting end line)
- Ladders
- Doing footwork with your stick