

# Blue Devil Lacrosse Training Packet

## Expectations 2014 Season:

**Varsity hopefuls:** Follow the lax training packet enclosed. If you are in season for a Fall/Winter sport, follow the lax training packet on your non-practice days BUT make sure you do ALL the stick skills workouts.

**IV hopefuls:** Follow the lax training packet with initial modifications as you build fitness/skill. If you are in season for a Fall/Winter sport, follow the lax training packet on your non-practice days BUT make sure you do ALL the stick skills/ workouts.

Print the calendar and cross off each day as you complete each workout to chart your progress. **The only way the team is going to get better is if you put the time and effort into improving YOU first.** Hold yourself accountable as well as your teammates during the preseason workouts. Grab a teammate to work with you when you can in order to push and support each other during each day's workout.

## Key Components Pre-Season & In-Season

1. Family : Positive Reinforcement
2. Grades : Mental Toughness
3. Fitness & Training : Physical Toughness

## ***FAMILY***

Davis blue devil lacrosse is a family. We are here to encourage you to begin building your "TEAM" or network of people that will help you through this process and your life ongoing. You parents, your teachers, coaches, and any other mentors genuinely have your best interest at heart. As you grow up and the world gets bigger and bigger, you will begin to carefully add trusted people to you "TEAM".

## ***ACADEMICS***

Maintaining a standard of academic excellence should be your number one priority. In order to be successful on and off the field you MUST plan and schedule your completion of homework and study appropriately. Poor planning on your part does not give you the excuse to hurt your teammates by missing practices or games.

## ***FITNESS & TRAINING***

These workouts are designed to prepare you for the fall and upcoming season. It is imperative that you follow the workout program in order to be mentally and physically prepared for tryouts. Things to keep in mind: 1. WARM UP and COOL DOWN 2. Do not OVERTRAIN. 2. REST and HYDRATE 3. When you return in the spring, we will begin more sport specific training exercises as a team.

## **Try-Outs Expectations:**

Push-Ups: \_\_\_\_\_

Sit-Ups: \_\_\_\_\_

Pull-Ups: \_\_\_\_\_

Timed Mile: \_\_\_\_\_

40-Yard Dash: \_\_\_\_\_

Righty Wall Ball (1 min): \_\_\_\_\_

Lefty Wall Ball (1 min): \_\_\_\_\_

Righty Quick Stick (1 min): \_\_\_\_\_

Lefty Quick Stick (1 min): \_\_\_\_\_

## Workout- Breakdown

### Strength Workouts:

**Strength:** The extent to which muscles can exert force by contracting against resistance.

### Conditioning Workouts:

**Conditioning:** The bodies' ability to work easily and/or with lessened stress while performing a chosen activity.

### Plyometrics:

**Plyometrics:** Exercises based around having muscles exert maximum force in as short time as possible, with the goal of increasing both speed and power.

### Wall Ball:

**Stick Skills:** Improving one's ability to comfortably pass and catch in a stand still or on the run.

## All Workouts

- Warm- Up by running for 3 minutes followed by 10 minutes of stretching.
- Cool- Down by running for 2 minutes followed by 6 minutes of stretching.

### Strength Workouts:

#### **STR WKT 1: Upper** (8 Rounds x 1:30 Rest)

Warm-Up

10 Push-Ups Wide

10 Flutter Kicks

5 Dive Bombers

10 Sit-Ups

10 Push-Ups Close

30 sec. Side Planks (Each Side)

8 Burpees

#### **STR WKT 2: Lower** (8 Rounds x 1:30 Rest)

Warm-Up

15 Body Squats

10 Plank Jacks

15 Calf Raises

1 min. Plank

10 Lunges

10 Russian Twists

8 Burpees

#### **STR WKT 3: Upper** (5 Rounds 30 Sec. Blasters x 10 sec rest intervals, 30 sec rest at end of each round)

Warm- Up

Push-Ups Wide

Flutter Kicks

Dive Bombers

Sit-Ups

Push-Ups Close

30 sec. Side Planks (Each Side)

Burpees

### Conditioning Workouts:

#### **COND WKT 1**

Warm-Up

4 Laps with Bleachers (Continuous)

4 x 800 (2 min rest in between)

Cool- Down

#### **COND WKT 2**

Warm-Up

10 x 100 yard sprints (45 sec rest in between)

2 x Interval sprints, (2 minute rest between)

2 x Width of football field sprints (down and back), (1 minute rest between)

Cool- Down

#### **COND WKT 3**

Warm-Up

200 Run, 200 Walk

400 Run, 200 Walk

600 Run, 200 Walk

800 Run, 200 Walk

600 Run, 200 Walk

400 Run, 200 Walk

200 Run, 200 Walk

Cool-Down

**STR WKT 4: Lower** (5 Rounds 30 Sec. Blasters x 10 sec rest intervals, 30 sec rest at end of each round)

Warm-Up  
Body Squats  
Plank Jacks  
Calf Raises  
1 min. Plank  
Lunges  
Russian Twists  
Burpees

**STR WKT 5: Upper** (6 Rounds x 1:30 Rest)

Warm-Up  
16 Push-Ups Wide  
16 Flutter Kicks  
8 Dive Bombers  
16 Sit-Ups  
16 Push-Ups Close  
30 sec. Side Planks (Each Side)  
8 Burpees

**STR WKT 6: Lower** (6 Rounds x 1:30 Rest)

Warm-Up  
20 Body Squats  
15 Plank Jacks  
20 Calf Raises  
1 min. Plank  
16 Lunges  
16 Russian Twists  
8 Burpees

**Plyometric Workouts:**

**PLYO WKT 1**

**Plyometric Warm up:    Yards                      Frequency**

Stretch		
Toe Jogging		2 Laps
ButtKicks	15 Yards	2
Side Shuffle	15 Yards	2
Lunges	15 Yards	2

**Plyometric Exercises:    Frequency**

Squat Jumps (In-Place)	10
Single-Leg Vertical Jumps (In-Place)	10
Tuck Sit-Ups	10
Depth Jumps	10
Hops (Ladder Drill)	4
Icky Shuffle (Ladder Drill)	4
Squat Box Jump to Second and Third Box	4

**PLYO WKT 2**

**Plyometric Warm up:    Yards                      Frequency**

Stretch		
Toe Jogging		2 Laps
ButtKicks	15 Yards	2

**COND WKT 4**

Warm-Up  
6 x 25 yard sprints (:15 second rest between)  
4 x 50 yard sprints (:20 second rest between)  
2 x 100 yard sprints (:30 minute rest between)  
Cool- Down

**COND WKT 5**

Warm-Up  
2 x School Loop, Under 8 min. (5 minute rest between each)  
3 x Bleachers (Continuous, Just Bleachers)  
Cool-Down

**COND WKT 6**

Warm-Up  
4 x 10-10, 20-20, 30-30, 40-40 sprints (30 sec rest between)  
4 x Jog 10-Sprint 30 (:30 second rest between)  
2 x Full Field- Sprint Straight Away (U :20 Sec)- Jog Width (U : 30 sec) (Continuous)  
Cool- Down

**Stick Workouts: GLOVES!!**

**STK WKT 1**

25x2- Throw Right, catch Right (One Cradle)  
25x2- Throw Left, catch Left (One Cradle)  
25x4- Throw Right, catch Left, Throw Left, catch Right (One Cradle)  
25x2- Throw Right, catch across body (same hand)  
25x2- Throw Left, catch across body (same hand)  
25x2- Quick Stick Righty  
25x2- Quick Stick Lefty  
25- Righty Hard Bounce Shot with Tennis Ball  
25- Lefty Hard Bounce Shot with Tennis Ball

**STK WKT 2**

25x2- Throw Right, catch Right (One Cradle)  
25x2- Throw Left, catch Left (One Cradle)  
25x4- Throw Right, catch Left, Throw Left, catch Right (One Cradle)  
25x2- Throw Right One handed with Cradle  
25x2- Throw Left One handed with Cradle  
25- Quick Stick Righty One Handed  
25- Quick Stick Lefty One Handed  
25- Righty Hard Bounce Shot with Tennis Ball  
25- Lefty Hard Bounce Shot with Tennis Ball

Side Shuffle	15 Yards	2
Lunges	15 Yards	2
<b>Plyometric Exercises:</b>		<b>Frequency</b>
Split Squat Jumps		10
Squat Jumps (In-Place)		10
Wind-Shield Wiper Planks		10
Knee Tuck Jumps		10
ZigZags (Ladder Drill)		4
Ski Jumps (Ladder Drill)		4
Squat Box Jump to Second and Third Box		4

**PLYO WKT 3**

<b>Plyometric Warm up:</b>	<b>Yards</b>	<b>Frequency</b>
Stretch		
Toe Jogging		2 Laps
ButtKicks	15 Yards	2
Side Shuffle	15 Yards	2
Lunges	15 Yards	2

<b>Plyometric Exercises:</b>	<b>Frequency</b>
Squat Jumps (In-Place)	10
Box Jumps	10
Flutter Kicks (w/Stick)	10
Lateral Cone Jumps	10
Depth Jumps	10
Lateral In-and-Outs (Ladder Drill)	4
Squat Box Jump to Second and Third Box	4

**STK WKT 3**

25x2- Throw Right, Catch Right, Face Dodge, Throw Left, Catch Left (50 Right, 50 Left)  
 25x2- Throw Right, Catch Right, Spine Dodge, Throw Left, Catch Left (50 Right, 50 Left)  
 25x4- Throw Right, catch Left, Throw Left, catch Right (One Cradle)  
 25- Behind the back Right  
 25- Behind the back Left  
 25x2- Quick Stick Right  
 25x2- Quick Stick Left  
 Minute Challenge: As many as you can in a minute- Righty  
 Minute Challenge: As many as you can in a minute- Lefty

~Strength and conditioning to build mental and physical toughness, focusing on team unity and leadership~

**~ONE MORE~**