

Springboro Girls Lacrosse Preseason Conditioning

Conditioning during the off-season is very important to being ready for in-season

Lacrosse is an anaerobic sport, meaning it is not as much endurance as it is speed and agility!

Please be able to run at least 2 miles by the start of the season and be able to successfully do the following agility and speed drills:

- **Four corner drill x 10 sets:** (Allow a 20 sec. rest between sets) Setup four cones five yards apart. Start at the bottom left cone. Begin by sprinting to the first cone. Plant your outside foot by the cone and shuffle to the right cone. Back pedal to the next cone, and finish by shuffling to the left cone. Remember doing it to the right and left is 1 set.
- **30 second shuffle drill x 4.** Place two cones ten yards apart. Shuffle from cone to cone as fast as possible for 30 seconds. Each time you reach a cone you get one point. Attempt to score as many points as possible within the time frame. Allow 20 seconds rest in between sets.
- **Sprint drill x 4.** Allow 1:30 minutes rest in between sets. Take six cones and place them ten yards apart. Starting at the first cone, sprint to the second cone and back to the first, then immediately sprint to the third and back. Then to the fourth, etc. I am sure you all have done this before! The set is complete when you have sprinted to all of the cones and back.

Work up to being able to **do 25 real push-ups.**

As always, please be sure to do the **proper stretching** so we prevent any early injuries.

Do not wait till the week before the season starts to begin!

If you ever have any questions on any conditioning exercises or if you want to add anything and would like to run it past me, do not hesitate to contact me! The only stupid question is the one not asked!

Doing this conditioning and the skill development will only make playing lacrosse more fun!

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