



Shrewsbury vs. Westborough 2020 COVID CHALLENGE



Name: _____ Date: _____ TOTAL POINTS: _____

Rules: One Point for Every Item Completed. Players Must Complete a minimum of two items per category to qualify and also complete the Character Category in full.

Lax Skills: Category Points _____

- Wall Ball: 100 right, 100 Left (done in minimum blocks of 20, and no more than 100 per side in any session)
- Ground Balls: Pick up 50 Ground Balls. Focus on your form, "Two Butts" and split squat
- Throw and catch with a parent or sibling for 15 min.
- Shooting: 25 Right, 25 Left, 25 on the run
- Cradle the ball in the house for 15 min, use both hands
- Play Rage Ball Lacrosse: [Click Here for Full Description](#)

Fitness: Category Points _____

- 10 Pushups
- 20 Split Squats
- 15 Tricep Dips
- 10 Touchdown Jacks
- 20 Sit-Ups
- 30 sec plank
- 20 Mountain Climbers (10 per leg)
- 5 laps around your yard with your stick and ball

Fun: Category Points _____

- Post a picture of you doing anything that involves Lacrosse in your Uniform on Instagram or Facebook (tag your organization on Facebook or Instagram) - if you can't post, have your parents send picture to your coach or challenge chair person.
- Watch a PLL or College Game on TV go to NBC Sports Gold to Watch, Lacrosse Network (LSN) or watch on YouTube.
- Take the Lacrosse [Quiz at Kahoot!](#) (click link)
- Take the [PLL Quiz at PremierLacrosse.com](#)
- Watch a good sports movie with your family (Crooked Arrows is a Lacrosse Movie..just a suggestion)



Shrewsbury vs. Westborough 2020 COVID CHALLENGE



Character (EFFORT): Category Points_____

Write down a "stretch goal" before Monday for the week. And try your best to achieve it.

Your Goal should be something you don't normally do and that you need to work hard and put in EFFORT to accomplish. Write down your goal and results below.

Examples: I am going to clean my room 3 times this week, I am going to help Dad with the lawn this week, I am going to read 6 Chapters of a book this week, I am going to complete the Lax Challenge.

My Stretch Goal this week is:

***After writing your goal, take this 2nd page and put it somewhere where you will see it and be reminded each day.**