

Boys Lacrosse Off-Season Training Program
{Green Days (w/ Equipment)/Yellow Days (w/out Equipment)}

9 Week Fall Organized Team Activities (OTA's):

Locations: OBC = Outside Basketball Courts | FHF = Field Hockey Field | WST = Stadium Turf

Yellow Days = conditioning/speed/agility/quickness (no equipment)

Location: OBC (always meet here) || Time: 3:45-5:15 PM

Green Days = lacrosse skills/drills sessions (full equipment sessions), will have a conditioning/SAQ component to the session

Location: FHF || Time: 6:45-9:00 PM (Unless Indicated Otherwise)

Week 1: T 09/08 Yellow, W 09/09 Green

Week 2: M 09/14 Green, W 09/16 Yellow, Th 09/17 Yellow

Week 3: M 09/21 Green, T 09/22 Green (WST, 745-930), W 09/23 Green

Week 4: M 09/28 Green, W 09/30 Green, Th 10/01 Yellow

Week 5: M 10/05 Green, W 10/07 Green, Th 10/08 Yellow

Week 6: T 10/13 Yellow, W 10/14 Green, Th 10/15 Yellow

Week 7: M 10/19 Green, W 10/21 Green, Th 10/22 Yellow

Week 8: M 10/26 Yellow, T 10/27 Green (WST, 745-930), Th 10/29 Yellow

Week 9 Conditioning Tests: T 11/03 Yellow, Th 11/05 Yellow

Tests to Include: 17's/1 Mile/400M Intervals/300 Yard Shuttle

13 Week Winter Organized Team Activities (OTA's):

Locations: OBC = Outside Basketball Courts | FHF = Field Hockey Field | WST = Stadium Turf

Yellow Days = conditioning/speed/agility/quickness (no equipment)

Location: OBC (always meet here) || Time: 3:45-5:15 PM

Green Days = lacrosse skills/drills sessions (full equipment sessions); will have a conditioning/SAQ component to the session

Location: WST || Time: 3:45-6:00 PM (Unless Indicated Otherwise)

Week 1: M 11/23 Yellow, T 11/24 Yellow, Sat 11/29 (run on own; 2 miles or not less than 20 minutes)

Week 2: M 11/30 Yellow, W 12/02 Green, Th 12/03 Green

Week 3: M 12/07 Yellow, W 12/09 Green, Th 12/10 Green

Week 4: M 12/14 Yellow, W 12/16 Green, Th 12/17 Green

*We Will Provide Week 5/Week 6 Conditioning/SAQ Plan for All Athlete's To Complete on Own

Week 5: M 12/21 (on own, see plan), W 12/23 (on own, see plan), Sat 12/26 (on own, see plan)

Week 6: M 12/28 (on own, see plan), W 12/30 (on own, see plan), Sat 1/2 (on own, see plan)

Week 7: M 01/04 Yellow, W 01/06 Green, Th 01/09 Yellow (we will test this week)

Week 8: M 01/11 Yellow, W 01/13 Green, Th 01/14 Yellow

Week 9: M 01/18 Yellow, W 01/20 Green, Th 01/21 Yellow

Week 10: M 01/25 Yellow, W 01/27 Green, Th 01/28 Yellow

Week 11: M 02/01 Yellow, W 02/03 Green, Th 02/04 Yellow

Week 12: M 02/08 Yellow, W 02/10 Green, Th 02/11 Yellow

Week 13 Conditioning Tests: T 2/16 (17's), Th 2/18 (1 Mile), Sat 2/20 (400M Intervals)

Tryout/Practice Starts: M 2/22 (will include 300 Yard Shuttle, Full Gear)

***** All Dates/Times Are Subject to Change *****

Although Highly Encouraged/Recommended OTA Participation is Not Required

**** Attendance Will Be Taken & OTA's Are Open to All WHS Students ****