



Off Season Lonely Hours - Lacrosse Skills Workout

***Always Stretch Prior to a Workout**

Core Wall Drills: At least 3 times per week - 2 sets per session

(Set 1: Use a Tennis Ball | Set 2: Use a Lacrosse Ball)

1. 50 reps R (quick stick): L shoulder pointed to wall (use proper feet position/throwing/catching motion)
2. 50 reps L (quick stick): R shoulder pointed to wall (use proper feet position/throwing/catching motion)
3. 50 reps, throw R catch R, change hands throw L catch L (rotate your feet properly)
4. 50 reps, throw R catch L, then throw L catch R, keep alternating hands
5. $\frac{3}{4}$ sidarm passing 15-25 R/L, 15-25 R/L Underhand Flips, 15-25 Underhand/Backhand Flips

Advanced Wall Drills: Should be done no less than once per week

1. One handed, 25 R/L (try without a cradle)
2. Throw and catch cross-handed, 25 R/L
3. Throw right, catch right, face dodge to left hand and repeat left-handed, 50 Total Reps - 25 R/L
4. Underhand passing 50 R/L
5. Throw behind the back and catch normally, 25 R/L | Throw normal and catch behind the back, 10 R/L
6. 50 reps of your choice....be creative!

Ground Ball Drills: at least 2 times per week (no partner for tandem use a bounce back)

Drill 1: Individual GB Drill - Notre Dame Ground Balls

(Always pick the ball up moving, use proper form/bring the ball to your face w/ stick protection)

- a. Standard GB: (3) Sets of 25 each hand – scoop/move it if you have a bounce back for the last set
- b. Hockey GB: (1) Sets of 25 each hand
- c. Soccer GB: (1) Sets of 25 each hand

Drill 2: Tandem GB's/Passing/Catching Drill - Roll the ball to your partner, pick up 150 total GB's/Pass (scoop it/move it). Pick up 75 R/L GB's and do as you are moving (do not stand flat footed). Work sets of 15, 25, 50 or whatever works best for you.

Dodging/Scoring Drills: at least 2 times per week – min # of reps per session provided (Overhand)

Drill 1: Warm-up, Swat the Fly (Form/Power), 10-15 R/L (directly in front of the goal, 5-7 yds, as hard as U can)

Drill 2: Lay Up, Lay Up Split & Duke Turn/Shoot, 10-15 R/L (12 yds high/1 yd outside each pipe, OH low/away)

Drill 3: Catch/Score - 12-15 Yard set shots (step downs from the hash mark areas, inside/outside), 15 R/L

Long dodging/scoring (Work on/use 1. same side split 2. cross over split and 3. lacrosse (long pole) split)

Drill 4: Split Dodge Alley and/or Sweep across the top on the Run, 10 R/L

Drill 5: Split Dodge Alley and/or Sweep across the top w/ a Roll Back to the MOF, 6 R/L

Drill 6: Split Dodge Alley and/or Sweep across the top w/ a Step Back Re-Dodge, 6 R/L

Below GLE dodging/scoring (1. one dodge/go 2. two dodges/go): work on various "islands", 3x3, 5x5, 5x7, 7x7

*Attack oriented players should double *below GLE dodging/scoring* minimums & work on step back feeding

**Make sure you sit in the chair (pause for a second) then execute your finish!

Drill 7: Turn the Corner (square your shoulders/finish in front – also work on, fake high/shoot low), 5 R/L

Drill 8: **Inside Roll (plant/roll off inside foot/ & open up the outside foot pointed to the back pipe), 5 R/L

Drill 9: **Rocker Step, 3 R/L

Drill 10: **Step Away (Question Mark), 5 R/L

Shoot to Spots: Put a trash can in the middle of goal to help shooting to pipes/net avoiding the middle of the goal. Goalies can take shots as long as they are not being "shelled" (maybe use a tennis ball)

Z Cut cradle: 2 hands R/L & 1 hand R/L 1 min each (A should do every session); have a weighted shaft, use it