



Boy's Lacrosse
OFFSEASON 2017-2018

The attached plan is a reference guide for the 1st half of off-season training and conditioning to be in peak performance at the start of the 2018 Lacrosse season. You can combine stickwork and S&C into the same days to take time off each week but it is important to complete stickwork even during rest periods to maintain muscle memory. This guide begins in August and ends in November with the second half leading into tryouts coming out later this year. You will also find "healthy eating tips" from the President's Council on Fitness, Sports and Nutrition on the next page, incorporating these tips into your diet over the course of several weeks can produce significant results. This is a reference guide that should be used in conjunction with your own plan or agenda, should you have questions please reach out to teammates for assistance. ***"Winners embrace hard work. They love the discipline of it, the trade-off they're making to win. Losers, on the other hand, see it as punishment. And that's the difference."* -Lou Holtz**

Eight Healthy Eating Goals Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet.

Make half your plate fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.

Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredients first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," quinoa," or "wild rice."

Switch to fat-free or low-fat (1%) milk: Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

Choose a variety of lean protein foods: Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.

Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added." **Drink water instead of sugary drinks:** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

Eat some seafood: Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.

Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream.

We expect the following:

Varsity hopefuls: Follow the workout plan enclosed. If you are in season for another Sport, follow the plan on your non-practice days BUT make sure you do ALL the stickskills workouts. You should be able to easily complete the stick workout in 20 minutes or less. Better yet, get some of your winter sport teammates to do the workout with you!!!

JVFS hopefuls: Follow the plan with some initial modifications as you build fitness/skill. If you are in season for another Sport, follow the plan on your non-practice days BUT make sure you do ALL the stickskills workouts (you can shorten the stick skills to what you can accomplish in 20-30 minutes...you should see quick improvement and hope to be able to complete the workout in 20 minutes by season start. Get some of your Winter sport teammates to do the workout with you!

USE A TRAINING/SUPPORT BUDDY TO WORK WITH WHEN YOU CAN AS YOU WILL PUSH AND SUPPORT EACH OTHER IN YOUR GOALS.

Be honest and hold yourself and your training buddy accountable to yourself and your teammates!

3 THINGS TO JUGGLE

- 1 - FITNESS + TRAINING :: preparing body, mind + spirit
- 2 - GRADES:: exercising your mind
- 3 - RELATIONSHIPS :: building your team

FITNESS + TRAINING There are 4 components of your game that ONLY YOU can develop. We will hold you accountable to each of these:

- 1 - SKILL: Practice so that this is not an obstacle to us teaching you the big part of the game.
- 2 - FITNESS: Preparing your body so that you can make adjustments + endure vigorous workouts.
- 3 - ATTITUDE: Making sure you are here for the right reasons: that you play from the inside-out.
- 4 - COMMUNICATION: Expressing yourself - on the field + off.

GRADES

Your academic progress is your number one job. Planning and scheduling your workload for the successful completion of homework and study is a key part of developing the life skills and knowledge you will need to be successful on and off the field.

RELATIONSHIPS

In the spirit of finding out who you are so you can determine what you want, we encourage you to begin building your "TEAM" or network of people that will help you through this process and your life ongoing. Who are the people in your life that have your genuine interest at heart? Your parents, your teachers, coaches + any other mentors start this list. And, as you grow older and your world gets bigger + bigger, you will carefully add trusted + interested people to your "TEAM".

FOCUS AND LEVELS OF COMPETITION

You improve because of you, not because your teammates are good.

As an individual, your job is to improve YOU.

As a teammate, your job is to play together for the good of the team and MAKE YOUR TEAMMATES PLAY BETTER.

TRAINING PACKET ESSENTIALS BASIC TIP: Each week has the similar elements, so based on your schedule, you can mix + match those workouts and the days within the week to best suit you.

FOUR MUST DO'S

- 1 - WATER: Keep yourself hydrated.
- 2 - STRETCH: Before + after every workout.
- 3 - TRAIN IN REALISTIC CONDITIONS: It will build your full-body capacity.
- 4 - WEAR APPROPRIATE CLOTHING: Seriously.

WEEKLY INGREDIENTS

STICK RUN: Run with your stick + ball.

SPRINTS: Field, turf, hill sprints to prepare big muscles + build power.

BODYWORK: Working on smaller muscles, acute training - weightlifting or body weight exercises.

STRENGTH: Interval training.

TRACK WORKOUT: Mental toughness and longer sprints.

CROSS TRAINING: steady activity (yoga/bike/fitness class, swimming)

OFF: Take the day OFF. Don't think/do/speak/dream lax. Or, try not to!

INJURED? If you have a pre-existing injury, make sure you clear ANY training program with your Doctor. Also, if you have nagging injuries exacerbated by running, you can substitute biking for SPRINTS + TRACK WORKOUT (go faster during intervals, sprints +/or the amount of time determined). It's not ideal because you have to work 10x harder to get the same affect, but it will keep you going.

STICKWORK

Stickwork is a critical piece of your game. "Rusty" should never apply to you as an event approaches. This is the basic function in lacrosse, catching and throwing. Like baseball and basketball catching and throwing is the basis for everything else and needs constant attention and practice.
How do you keep your skills sharp? By PRACTICING, the right way.

STICKWORK TIPS WHEN PRACTICING

- 1 - you should practice stick in "triple threat" position - stick resting on dominant shoulder + perpendicular to your body
- 2 - your TOP hand should be in the middle of the stick, BOTTOM hand at bottom
- 3 - your fingertips should be loose
- 4 - stick should remain between your shoulders

HOW TO GAUGE YOUR IMPROVEMENT

- 1 - the time the ball is in your stick while you are doing a move or in between catch + throw is minimal.
- 2 - the time the ball is in the air to your partner OR in the air to/from the wall is less and less.

Wall Work

The wall helps to improve your stickwork the most because you set your own speed. Think of it as a workout...

**WALL TIP: NO SIDEARM PRACTICE on the wall; ALL overhand
YOUR STICKWORK MOTTOS**

- 1 - faster in my hands
- 2 - faster in the air
- 3 - keep stick in tight

50 times throw LEFT + catch them on left side of body (optional)

ADVANCED STICKWORK = STWRK 2 (on wall - standing 30 feet from wall)

2017-2018 STEVENSON BOY'S LACROSSE OFFSEASON WORKOUT SCHEDULE

DAY 1					DAY 2					DAY 3					DAY 4				
WEEK 1	WEEK 2	WEEK 3	WEEK 4	25-Jan	WEEK 1	WEEK 2	WEEK 3	WEEK 4	25-Jan	WEEK 1	WEEK 2	WEEK 3	WEEK 4	25-Jan	WEEK 1	WEEK 2	WEEK 3	WEEK 4	25-Jan
December					December					December					December				
PREWARM-UP					PREWARM-UP					PREWARM-UP					PREWARM-UP				
Foam Roller/ Tennis Ball Cont. Warm-up Mini-Bands (F-B-R-L)					Foam Roller/ Tennis Ball Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea					Foam Roller/ Tennis Ball Cont. Warm-up Mini-Bands (F-B-R-L)					Foam Roller/ Tennis Ball Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea				
DAILY WARM-UP					DAILY WARM-UP					DAILY WARM-UP					DAILY WARM-UP				
Cont. Warm-up Mini-Bands (F-B-R-L)					Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea					Cont. Warm-up Mini-Bands (F-B-R-L)					Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea				
SPEEDWORK					SPEEDWORK					SPEEDWORK					SPEEDWORK				
1/2 Lean Fall Run 1/2 Length Full Recovery					1/2 Lean Fall Run Working Positive Angles, Down & Back at Feet Kneeling Side Start Lateral Sprint, Front Knee it down, Push off back foot and sprint. W Drill					1/2 Lean Fall Run 1/2 Length Full Recovery					1/2 Lean Fall Run Working Positive Angles, Down & Back at Feet Kneeling Side Start Lateral Sprint, Front Knee it down, Push off back foot and sprint. W Drill				
x4 x6 x7					x3ea x4ea x5ea					x4 x6 x7					x4 x6 x7				
PLYOMETRICS					PLYOMETRICS					PLYOMETRICS					PLYOMETRICS				
Box Jumps					Lateral Box Jumps					Box Jumps					Lateral Box Jumps				
3x5 4x5 4x5					3x5ea 4x5ea 4x5ea					3x5 4x5 4x5					3x5ea 4x5ea 4x5ea				
CORE TRAINING					CORE TRAINING					CORE TRAINING					CORE TRAINING				
MB Overhead Throws MB Side Facing Side MB Seated Chest Pass					MB Overhead Throws MB Side Facing Side MB Seated Chest Pass					MB Overhead Throws MB Side Facing Side MB Seated Chest Pass					MB Overhead Throws MB Side Facing Side MB Seated Chest Pass				
2x40 2x40 2x40 2x20ea 2x20ea 2x20ea 2x40 2x40 2x40					2x10 2x10 2x10 2x15ea 2x15ea 2x15ea 2x10 2x10 2x10					2x40 2x40 2x40 2x20ea 2x20ea 2x20ea 2x40 2x40 2x40					2x10 2x10 2x10 2x15ea 2x15ea 2x15ea 2x10 2x10 2x10				
STRENGTH TRAINING					STRENGTH TRAINING					STRENGTH TRAINING					STRENGTH TRAINING				
100 yd Temp Walk 180% Intensity Run (sideline and walk across the field)					100 yd Temp Walk Run for 60yds 180% Jog Back to Start. Repeat every 40 seconds.					100 yd Temp Walk 12-14 sec run 5-10 25 yd shuttle set up.					100 yd Temp Walk 12 min 15 min 18 min Run Run Run				
x4 x6 x7 x18 Run time = 60 60 Walking Rest					x9 x10 x12					x6 x8 x10 12-14 sec run Run ON the minute					12 min 15 min 18 min Run Run Run				
5-10 minutes					5-10 minutes					5-10 minutes					5-10 minutes				
Post Workout Stretch					Post Workout Stretch					Post Workout Stretch					Post Workout Stretch				
5-10 minutes					5-10 minutes					5-10 minutes					5-10 minutes				

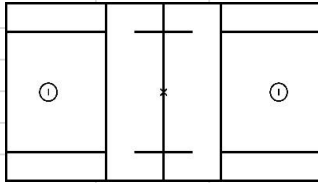
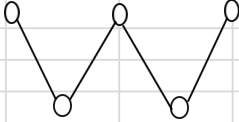
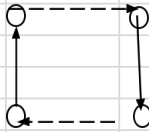
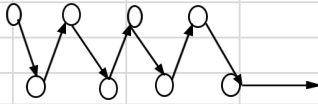
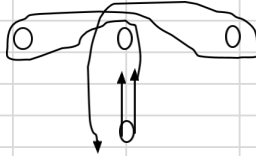
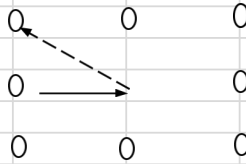

DAY 1					DAY 2					DAY 3					DAY 4				
WEEK 1	WEEK 2	WEEK 3	WEEK 4	22-Jan	WEEK 1	WEEK 2	WEEK 3	WEEK 4	22-Jan	WEEK 1	WEEK 2	WEEK 3	WEEK 4	22-Jan	WEEK 1	WEEK 2	WEEK 3	WEEK 4	22-Jan
January					January					January					January				
PREWARM-UP					PREWARM-UP					PREWARM-UP					PREWARM-UP				
Foam Roller/ Tennis Ball Cont. Warm-up Mini-Bands (F-B-R-L)					Foam Roller/ Tennis Ball Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea					Foam Roller/ Tennis Ball Cont. Warm-up Mini-Bands (F-B-R-L)					Foam Roller/ Tennis Ball Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea				
DAILY WARM-UP					DAILY WARM-UP					DAILY WARM-UP					DAILY WARM-UP				
Cont. Warm-up Mini-Bands (F-B-R-L)					Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea					Cont. Warm-up Mini-Bands (F-B-R-L)					Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea				
SPEEDWORK					SPEEDWORK					SPEEDWORK					SPEEDWORK				
Mini Hurdle Hop to Sprint					1/2 K Keiser Chop w Bar 1/2 K Keiser L/R w Bar 1/2 K Keiser Belly Press					Ball Drops Try to catch the ball before it bounces back. Full Recovery Push-up Pool. Starts Start to Push-up Position w knee-up 1/2 Length Full Recovery					Lateral Mini Hurdle Hop to Sprint				
x6 x6 x6					2x15 2x15 2x15 2x15ea 2x15ea 2x15ea					x6 x6 x6					x6 x6 x6				
PLYOMETRICS					PLYOMETRICS					PLYOMETRICS					PLYOMETRICS				
Box Jumps Hurdle Jumps					Lateral Box Jumps Lateral Hurdle Jumps					Box Jumps Hurdle Jumps					Lateral Box Jumps Lateral Hurdle Jumps				
2x5 3x5 4x5 2x5 2x5 2x5					3x5ea 4x5ea 4x5ea					2x5 3x5 4x5 2x5 2x5 2x5					2x5ea 3x5ea 4x5ea				
CORE TRAINING					CORE TRAINING					CORE TRAINING					CORE TRAINING				
Push up Plank Side Plank on hand 1 Leg Glute Bridge Stability Ball Stir the Pot					1/2 K Keiser Chop w Bar 1/2 K Keiser L/R w Bar 1/2 K Keiser Belly Press					Push up Plank Side Plank on hand 1 Leg Glute Bridge Stability Ball Stir the Pot					1/2 K Keiser Chop w Bar 1/2 K Keiser L/R w Bar 1/2 K Keiser Belly Press				
2x40 2x40 2x40 2x20ea 2x20ea 2x20ea 2x40ea 2x40ea 2x40ea					2x15 2x15 2x15 2x15ea 2x15ea 2x15ea					2x40 2x40 2x40 2x20ea 2x20ea 2x20ea 2x40ea 2x40ea 2x40ea					2x15 2x15 2x15 2x15ea 2x15ea 2x15ea				
STRENGTH TRAINING					STRENGTH TRAINING					STRENGTH TRAINING					STRENGTH TRAINING				
150 yd Shuttles 180% Intensity Run (EVERY TWO minutes)					100 yd Shuttles 180% Intensity Run (timed rest)					120 yd Shuttle 180% Intensity Run (EVERY 90 sec)					Distance Run. If you are unable to run, use the stationary bike for prescribed distance.				
x6 x7 x8 x18 Run time = EVERY TWO minutes					x10 x12 x14					x5 x6 x7 +24 sec +24 sec +24 sec					1.5 mile 2 mile 2.5 mile Run or 1 Run or 1 Run or 1 Run or 1 Ride Ride Ride				
5-10 minutes					5-10 minutes					5-10 minutes					5-10 minutes				
Post Workout Stretch					Post Workout Stretch					Post Workout Stretch					Post Workout Stretch				
5-10 minutes					5-10 minutes					5-10 minutes					5-10 minutes				

WEEK OF 9/24-9/30 LACROSSE SKILLWORK TRAINING ONLY

DAY 1					DAY 2					DAY 3					DAY 4				
WEEK 1	WEEK 2	WEEK 3	WEEK 4	19-Feb	WEEK 1	WEEK 2	WEEK 3	WEEK 4	19-Feb	WEEK 1	WEEK 2	WEEK 3	WEEK 4	19-Feb	WEEK 1	WEEK 2	WEEK 3	WEEK 4	19-Feb
February					February					February					February				
PREWARM-UP					PREWARM-UP					PREWARM-UP					PREWARM-UP				
Foam Roller/ Tennis Ball Cont. Warm-up Mini-Bands (F-B-R-L)					Foam Roller/ Tennis Ball Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea					Foam Roller/ Tennis Ball Cont. Warm-up Mini-Bands (F-B-R-L)					Foam Roller/ Tennis Ball Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea				
DAILY WARM-UP					DAILY WARM-UP					DAILY WARM-UP					DAILY WARM-UP				
Cont. Warm-up Mini-Bands (F-B-R-L)					Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea					Cont. Warm-up Mini-Bands (F-B-R-L)					Agility Ladder Clams x10ea Spline Mountain Climbers x 10ea				
SPEEDWORK					SPEEDWORK					SPEEDWORK					SPEEDWORK				
Ground Starts					L-Drill Set the cones in on L each 5yd apart. Run drill each direction					5-10-5 Shuttle					1/2 Length Full Recovery				
x6 x7 x8 x8					x4ea x4ea x5ea					x6 x7 x8 x8					x4 x5 x6				
PLYOMETRICS					PLYOMETRICS					PLYOMETRICS					PLYOMETRICS				
Box Jumps Broad Jump					Lateral Box Jumps Lateral Bounds					Box Jumps Broad Jump					Lateral Box Jumps Lateral Bounds				
3x5 4x5 4x5 4x5					3x5ea 4x5ea 4x5ea 4x5ea					3x5 4x5 4x5 4x5					3x5ea 4x5ea 4x5ea 4x5ea				
CORE TRAINING					CORE TRAINING					CORE TRAINING					CORE TRAINING				
MB Split Stance Overhead Throws MB Split Stance Side Facing Side Throws MB Split Stance Chest Pass MB Split Stance Stams					Dead Bugs Stability Ball Stir the Pot					MB Split Stance Overhead Throws MB Split Stance Side Facing Side Throws MB Split Stance Chest Pass MB Split Stance Stams					Dead Bugs Stability Ball Stir the Pot				
2x15ea 2x15ea 2x15ea 2x15ea					2x20 2x20 2x20 2x20					2x15ea 2x15ea 2x15ea 2x15ea					2x20 2x20 2x20 2x20				
STRENGTH TRAINING					STRENGTH TRAINING					STRENGTH TRAINING					STRENGTH TRAINING				
See Sheet Day 1					See Sheet Day 2					See Sheet Day 3					See Sheet Day 4				
CONDITIONING					CONDITIONING					CONDITIONING					CONDITIONING				
100 yd Shuttle Run 100yds and then jog back. Run away: 90					Set the cones 12 yds apart. Run down and back twice.					50 yd Shuttle -27 run time. Rest 60 sec.					Distance Run 2 mile Run 3 mile Run 2.5 mile Run				
x5 x6 x7 x6					x8 x9 x10 x9					x5 x7 x8 x7					x5 x6 x7 x6				
5-10 minutes					5-10 minutes					5-10 minutes					5-10 minutes				
Post Workout Stretch					Post Workout Stretch					Post Workout Stretch					Post Workout Stretch				
5-10 minutes					5-10 minutes					5-10 minutes					5-10 minutes				

Tryouts Week of Feb. 26th

2017-2018 SHS LACROSSE MULTIDIRECTIONAL SPEED

					
		1st Qtr	2nd Qtr	3rd Qtr	4th Qtr
W Drill / Mini W Drill					
Set cones 8 yds apart. Sprint - Backpedal - Shuffle For Mini W set cones 4 yards apart.		x4 Sp	x5 Sp	x6 Sp	x7 Sp
		x4 Bp	x5 Bp	x6 Bp	x7 Bp
		x4 Sh	x5 Sh	x6 Sh	x7 Sh
		Full rest between sets			
Square Drill					
(Sprint - Shuffle - Backpedal - Sprint) Set Cones 5 yds apart Run Clockwise and CounterClockwise		x4 Clock	x5Clock	x6Clock	x7Clock
		x4 Cclock	x5Cclock	x6Cclock	x7Cclock
		Full rest between sets			
Zig Zag / Mini Zig Zag					
Set cones 5 yards apart. (Mini Zig @3yds) Sprint to each cone. Cut on the outside foot. Sprint out after the last cone. Start from the Left Side and the Right Side		2x4	2x5	2x6	2x7
		Full rest between sets			
T Drill / Mini T Drill					
Place cones 5 yds apart. Sprint up to middle cone and back. Then Sprint around middle cone to a giant figure 8 back to the start.		2x4	2x5	2x6	2x7
		Full rest between sets			
Star Drill					
Set cones about 3yds apart. Shuffle or backpedal to the middle. Sprint out to the edge Shuffle - Shuffle - Backpedal		Rsh x 1	Rsh x 2	Rsh x 3	Rsh x 4
		Lsh x 1	Lsh x 2	Lsh x 3	Lsh x 4
		BP x 1	BP x 2	BP x 3	BP x 4
		Full rest between sets			
Figure 8 Drill					
Place the cones between 5-10 yds apart. Run a figure 8 AFAP. Alternate Directions		2x4	2x5	2x6	2x7
		Full rest between sets			