



# BEAVERCREEK GIRLS LACROSSE

## What can you do to prepare yourself for the season?

Pre-season preparation if you have time: All of these are less than 30 minutes of your day

- Run
  - Please try and run 1-2 miles **every other day** or Jump Rope for 15-20 minutes **daily**
  - Sprints 5 x 50 yards, 4 x100 yards 2-3 times per week.
- Physical Conditioning
  - Please try and complete the following **3-4 times per week**:
    - 100 Pushup
    - 100 Air Squats
    - 75 Sit-ups
- Basic Wall Ball (**This should be done whenever you have free time all year round 😊**)
  - 50 Pass Right Catch Right
  - 50 Pass Left Cath Left
  - 50 Pass Right Catch Left
  - 50 Pass Left Catch Right
  - **There are a ton of Wall Ball Routines on [www.youtube.com](http://www.youtube.com) (with your parents' permission)**
- Practice Cradling
  - **There are a ton of Cradling videos on [www.youtube.com](http://www.youtube.com) (with your parents' permission)**

**Remember: To become better at anything you do FIND reasons to practice and get better! DON'T make excuses to not put in the work!**