

Week 3:			
Lacrosse theme: Defense			
	Workout 1		
	(Complete 2-3 times/week)		
	Drill	Setup	Description
Field Player	One handed grabs to sprint cradle	You will need a partner who can throw you a ball. The partner does not need a lacrosse stick.	Partner with throw you a ball high in the air. After completing your one handed grab, transition to a cradle and sprint out 5 yards. If you drop the ball, hustle to pick it up and sprint out 5 yards. Complete this 15 times with each hand.
	Wall Ball Circuit	rebounder, wall, ball	Try to place the ball in the same spot consistently. Push yourself to build up speed while maintaining correct form
	Defense Approach Drill		
Goalie	Wall Ball Warm Up	Ball - rebounder, wall, partner to pass with	50 Right, 50 Left. Warm up stick and try to consistently hit the same spot on the wall
	Long Passes		
	Walk the Line		
	Saves Drill	4 balls set up in a zig zag pattern	Stay balanced, go through the drill 5 times
Agility	Defensive shuffle with stick	Setup two cones/markers 8 yards apart.	In your defensive stance with both hands on your stick, complete defensive shuffles side to side. 4 rounds of 30 seconds with 45 seconds rest between sets.
		Setup four cones/ markers in a box formation 8 yards apart.	In your defensive stance with both hands on your stick, complete defensive shuffles/backpedaling/proceeding forward in the box formation. Complete 4 rounds in each direction. Pause between rounds.
		Setup four cones/markers in a zig zag formation about 8 yards apart.	In your defensive stance with both hands on your stick, complete defensive shuffles proceeding backwards in your zig zag pattern. Complete 8 rounds. Pause between rounds.

Workout 2			
(Complete 2-3 times/week)			
Drill	Setup	Description	
Shuffle to ground ball	Setup two cones/markers 8 yards apart. Have a partner to say "go".	Set a ball in front of you about 5 yards away. Begin shuffling. Have your partner say "go" after you complete a few shuffles. Immediately sprint to the ground ball, pick it up, and finish with 3 sprint cradles. Repeat 10 times.	
Checking Drill 1	Partner	Checking is all about control. Keep your stick under control and focus on the small movements	
Checking Drill 2	Partner and Ball	Player is doing quick feet waiting for partner to toss the ball. Player tries to check the ball out of the air, make sure you do not follow through with your check. You should make contact with the ball and bring the stick back up to ready position. Remember small, percise movements	
Hot Hands Drill	About 10 lacrosse or tennis ball. Bag or area to drop the balls into. Partner	Hand catching should be the same one that is your top hand on your stick. Push yourself to go fast and work on tracking the ball into your hand	
Hand Speed Drills	Two balls, wall or rebounder	This video has several different hand speed drills. Try to get 50 reps with each variation	
Low Shots Drill	4 Balls	Focus on footwork and making sure your steps are correct. Make sure you are balanced before returning back to goal	
Saves Drill	4 balls set up in a zig zag pattern	Stay balanced, go through the drill 5 times	
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