

		Days of the Week						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wall Ball (Follow LT Wall Ball Workout)			X	X	X		X	X
Position Specific Work (Pick 4-5drills per day,suggested drills listed on here, see worksheet for ptinos and other options) Goalies (Use the Scotty Rogers video to help pick out drills to do. I've listed some that we do with our HS guys. IF you have questinos reach outto me.)		Defense: -Ladder Work w/Slick -Diagonal Progression Footwork -Foot Work Progression Drill -Goose GB's Box Footwork Drills	-		Defense: -Slicks Checks while shuffling -Top Corner "C" Approach/Approach and Go, 5 reps each drill/each side (20 Total) -Wing Approach/Wing Aproch and Go, 5 reps each drill/each side (20 Total) Approach X, 2 turn backs, 5 Reps off each pipe	REST DAY!	Defense: Pick Your Poison, pick 4-5 of your favorite drills	
		Offense: -50 Soft Toss Shooting, Each Hande (Overhand) -50 Time and Room Shots, Each Hand (Overhand) -50 On the Run Shots Each Hand (Overhand)			Offense: -25 wing Dodge Alley/Roll Middle (Each Side)(Overhand) -25 Hitch and Go's (Each Hand)(Overhand) Inside Finishes, Spend 5 minutes workig on different inside moves (Get Creative) -3 Spots Shooting (Need 2nd perosn to feed)	REST DAY!	Offense: Pick Yor Poison, pick 4-5 of your favorite drills **If you choose shooting drill you can shoot any way you want presuming you shot overhand the other days.	
Goalies (Use the Scotty Rogers video on the "Other Resources" page to help pick out drills to do. I've listed some that we do with our HS guys. If you have questinos reach outto me.)		Goalies: -Walk the Line -Soft Toss (Egg Toss) -Off the Wall Reaction shots -Outlet to Garbage can or person if you have one	-		Goalies: -Soft Toss (Egg Toss) -Inside Saves Tennis Balls Feed from X/Turn/Find Ball -Off the Wall Reaction shots Outlet to Garbage Can, or perosn if you have one	REST DAY!	Goalie: Pick Your Posion, pick 4-5 of your favorite drills	
Videos to Watch	Watch a College Game From List below			Watch a College Game From List below				Watch a College Game From List below
	Good Games to watch -Cornell vs Ohio State -Great Ball movement -Cornell vs Penn State- On Youtube. Jsut two great teams. -Denver vs Notre Dame- 2 methodical offenses but high scoring -Syracuse vs Johns Hopkins- Syracuse offense adns shooting technique -Penn State vs Upenn- 2 gret offensees,and great off ball movement -Virginia vs Brown- 2 Up and down teams, fast paced adn exciting lacrosse -Rutgers vs Princeton- Princeton might have the best player in lacrosse adn both offenses run scheme similar to LT HS team -Villanova vs Upenn -Richmond vs Duke- 2 fundamentally sound teams, great team defense -Syracuse vs Army **Really jsut watch any Cornell, Syracuse, Princeton, or Penn State or Upenn game. Theya re all fun to watch.							