

NORTH ANDOVER GIRLS LACROSSE WORKOUT PACKET 2023



Week One

Day 1:

Warm Up:

One Jogging Lap

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

300 Yard Shuttle

- Set a cone at the goal line and the 25 yard line
- Sprint to the 25 and back 6 times (up & back is 1)
- Repeat for 3 reps
- Rest for 1 min and 30 seconds between reps
- Should be getting 64 seconds, 67 seconds, 70 seconds (varsity)
- Should be getting 67 seconds, 70 seconds, 73 seconds (jv and freshman)

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

Half Gassers

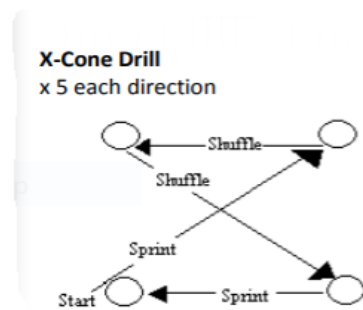
- Football sideline to football sideline in under 19 seconds (for varsity)
- Football sideline to football sideline in under 21 seconds (for jv or freshman)
- You have 18 tries to get 15 in under 19 or 21 seconds
- Take a 90 second rest in between each one
- Touch the line with your foot

Day 4:

Warm Up:

One jogging lap then...

Agility: X Cone Drill



Body Weight Workout:

Day 1	
Block 1: 3 Rounds	Push Up x 10 Hip Lift x 10 Plank Hold x 20 sec.
Block 2: 3 Rounds	Push Up Pulses x 20 sec. Hamstring Hold x 10 sec. Straight Leg Sit Up x 20
Finisher: 10-1 (10 reps of each, 9, 8, 7....1)	Push Up Hip Lift

Day 5:**Warm Up:**One jogging lap then...

Ladder	Stretch
1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Speed Endurance Track Workout

- Run 200 meter (half lap), 8 times
- walk/jog in between reps for 3 minutes

Week Two

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

Lacrosse Sprints (complete 3-4 times)

- Start at the goal line, sprint to the restraining line and back
- Sprint to the 50 and back
- Sprint to the far restraining line and back
- Sprint to the opposite goal line and back
- Rest 1 min in between reps

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprint Jogs:

30:60's

- Sprint for 30 seconds, walk/jog for 60 seconds
- Repeat for 12 min

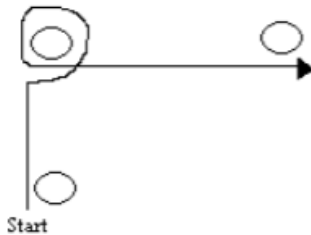
Day 4:

Warm Up:

One jogging lap then...

Agility:

3 Cone L drill
x 5 each Direction



Body Weight Workout:

Day 2	
Block 1: 3 Rounds	Superman Squeeze x 10 Lunge x 10 each Crawl Taps x 10 each
Block 2: 3 Rounds	Superman Pulses x 20 sec. Squat x 10 Crunches x 20
Finisher: 10-1 (10 reps of each, 9, 8, 7....1)	Lunge Squat Jump

Day 5:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

Sprint/Walk Shuttle

- Sprint 100 yards, walk back 50 yards
- Sprint 50 yards, walk back 25 yards
- Repeat above circuit 4 more times (5 total)
- Walk back to the start as rest in between circuits

Week Three:

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

300 Yard Shuttle

- Set a cone at the goal line and the 25 yard line
- Sprint to the 25 and back 6 times (up & back is 1)
- Repeat for 3 reps
- Rest for 1 min and 30 seconds between reps
- Should be getting 64 seconds, 67 seconds, 70 seconds (varsity)
- Should be getting 67 seconds, 70 seconds, 73 seconds (jv and freshman)

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
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Ickey shuffle	Arm circles (forward and backward)
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Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
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Day 3:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

Half Gassers

- Football sideline to football sideline in under 19 seconds (for varsity)
- Football sideline to football sideline in under 21 seconds (for jv or freshman)
- You have 18 tries to get 15 in under 19 or 21 seconds
- Take a 90 second rest in between each one
- Touch the line with your foot

Day 4:

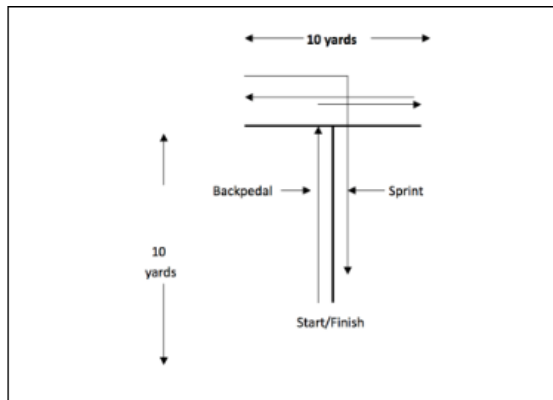
Warm Up:

One jogging lap then...

Agility:

T drill

1. Begin the drill by backpedaling from the start line to cone A
2. Shuffle (facing the start line) to cone B
3. Shuffle in the other direction to cone C
4. Finish by sprinting back around cone A to the finish line.



Body Weight Workout:

Day 3	
Warm Up:	Lunge - 10 minutes Try to do this straight without stopping!
Block 1: 3 Rounds (as many reps as you can in 30 sec)	Plank Hold x 30 sec Push Up x 30 sec Jumping Jack x 30 sec
Block 2: 3 Rounds (as many reps as you can in 30 sec)	Straight Leg Sit Up x 30 sec Push Up x 30 sec High Knee Run x 30 sec

Day 5:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Endurance:

Fartlek

- 1 minute on (fast pace), 2 minutes off (easy)
- 2 minutes on (fast pace), 1 minute off (easy)
- Repeat 3-4 times
- Cool down (jog)

Week Four:

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints

60 yard shuttle

- Set up four cones one at the goal line, 5 yard line, 10 yard line, and 15 yard line (5 yards apart)
- Start at the goal line, sprint to the 5 yard line and back
- Sprint to the 10 yard line and back
- Sprint to the 15 yard line and back
- Touch the line on each and sprint back to the start
- Should be getting around 13-15 seconds
- Repeat 5-6 times

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder	Stretch
1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints

Speedmakers

- Start at the corner of the field and accelerate for 70 yards up the sideline
- Hold maximum speed for 70 yards and then decelerate for the remaining 30 yards. At the corner of the field, make the turn and pitter-patter jog (very short steps but fast feet) to the next corner.
- Repeat the acceleration/deceleration moves until you complete 3 full laps
- You can also switch up how many yards you are accelerating and decelerating for

Day 4:

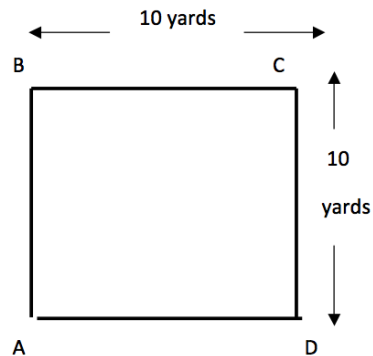
Warm Up:

One jogging lap then...

Agility:

Box drill

1. Side shuffle from cone A to cone B (facing the middle of the square)
2. Turn and backpedal from B to C
3. Side shuffle from C to D (again facing the middle)
4. Finish with a hard sprint from D to A



Body Weight Workout:

Day 4	
Block 1: 3 Rounds	Push Up Hold x 20 sec Single Leg Hip Lift x 10 each side Plank Rolls x 10 each side
Block 2: 3 Rounds	Push Up Pulses x 20 sec Hamstring Walk x 5 Oblique Crunch x 20 each side
Finisher: 10-1 (10 reps of each, 9, 8, 7....1)	Push Up Hip Lift

Day 5:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints/Endurance:

Perimeter Sprint Jogs

- First lap- sprint sideline and jog the other three sides (endline, sideline, endline)
- Second lap- sprint two sides (sideline,endline) and jog the other two sides (sideline, endline)
- Third lap- sprint three sides (sideline, endline, sideline) and jog one side (endline)
- Fourth lap- sprint all 4 sides (sideline, endline, sideline, endline)

Week Five:

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

300 Yard Shuttle

- Set a cone at the goal line and the 25 yard line
- Sprint to the 25 and back 6 times (up & back is 1)
- Repeat for 3 reps
- Rest for 1 min and 30 seconds between reps
- Should be getting 64 seconds, 67 seconds, 70 seconds (varsity)
- Should be getting 67 seconds, 70 seconds, 73 seconds (jv and freshman)

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

Half Gassers

- Football sideline to football sideline in under 19 seconds (for varsity)
- Football sideline to football sideline in under 21 seconds (for jv or freshman)
- You have 18 tries to get 15 in under 19 or 21 seconds
- Take a 90 second rest in between each one
- Touch the line with your foot

Day 4:

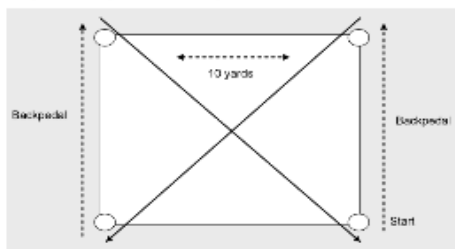
Warm Up:

One jogging lap then...

Agility:

6. Comeback box drill

1. Backpedal up one side of box
2. Open hips and sprint across box
3. Backpedal up other side of box
4. Open hips and sprint across box



Body Weight Workout:

Day 5	
Block 1: 3 Rounds	Superman Hold x 20 sec Split Squat Hold x 20 sec each side Crawl Hold x 20 sec
Block 2: 3 Rounds	Superman Pulses x 20 sec Squat Pulses x 20 sec V Crunches x 20
Finisher: 10-1 (10 reps of each, 9, 8, 7....1)	Lunge Squat Jump

Day 5:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints/Endurance:

Endline Sprint- Sideline Jogs (18-20 min)

- Around the perimeter of the field, sprint the endline and jog the sideline

**You can also do this vice versa

Week 6

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

10-8-6 Shuttle

- Sprint to the 20 and back 10 times
- Sprint to the 10 and back 8 times
- Sprint to the 20 and back 6 times
- Sprint to the 10 and back 4 times
- Sprint to the 20 and back 2 times
- Take a 30 second rest in between each one

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
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Sprints:

Shuffle Run into Sprint

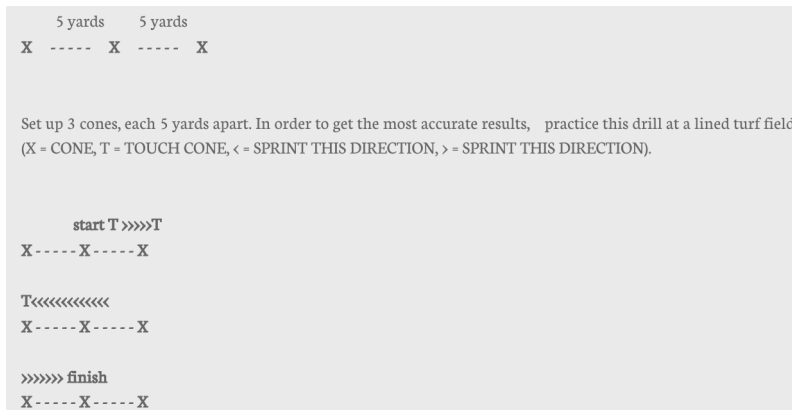
- Shuffle 10 yards turn and sprint 10 yards
- Shuffle 10 yards turn and sprint 30 yards
- Shuffle 10 yards turn and sprint 50 yards
- 2 reps each direction (30 seconds rest in between sets)

Day 4:

Warm Up:

One jogging lap then...

Agility: Rest 20 seconds, repeat 10-15 times.



Begin by getting low, facing forward and placing your right hand on the middle cone. Sprint out to your right and perform a quick turn at the cone. At this cone, you must pivot with your right foot and touch the cone with your right hand. Sprint out of the turn 10 yards to the far cone and repeat the same with your left foot and left hand. Sprint out of the turn and run straight past the middle cone. You should be sprinting through the middle cone. Do not let yourself slow down before passing it.

Drill Focus: Overall quickness, exploding out, balance, leg power, pivots, gaining speed in a short distance

Body Weight Workout:

Day 6
Warm Up: Lunge - 10 minutes Try to do this straight without stopping!
Block 1: 3 Rounds (as many reps as you can in 30 sec) Crawl Hold x 30 sec Superman x 30 sec Line Drill x 30 sec
Block 2: 3 Rounds (as many reps as you can in 30 sec) Crunches x 30 sec Superman x 30 sec Squat Jump x 30 sec

Day 5:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints/Endurance:

Speed Endurance Track Workout

- Run 200 meter (half a lap), 8-12 times
- walk/jog in between reps for 3 minutes

Week 7

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

300 Yard Shuttle

- Set a cone at the goal line and the 25 yard line
- Sprint to the 25 and back 6 times (up & back is 1)
- Repeat for 3 reps
- Rest for 1 min and 30 seconds between reps
- Should be getting 64 seconds, 67 seconds, 70 seconds (varsity)
- Should be getting 67 seconds, 70 seconds, 73 seconds (jv and freshman)

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

Half Gassers

- Football sideline to football sideline in under 19 seconds (for varsity)
- Football sideline to football sideline in under 21 seconds (for jv or freshman)
- You have 18 tries to get 15 in under 19 or 21 seconds
- Take a 90 second rest in between each one
- Touch the line with your foot

Day 4:

Warm Up:

One jogging lap then....

Agility: You'll need 5 cones, a stick and a ball!



Set yourself up about 5 yards behind the first cone. Focus on completing a split dodge at each cone as if they were defenders. Begin by running 70% speed up to the first cone with your right hand up. Complete a split dodge (switch into your left hand) and sprint to the next cone. Repeat the split dodge into your right hand. Repeat until the last cone. Turn around and repeat on the way back. Make sure that when you split dodge, you add a stutter step and explode off the correct foot. For example, if you are running up to a cone with your right hand up, you will perform a stutter step, (right, left, right) and explode off your right foot and onto your left foot. ****If you are looking for more of a challenge, complete this drill with your head up and eyes scanning the field. In addition, throw in a fake pass right before you dodge. The more you practice this, the more comfortable you will be to do it in a game. Repeat for 5-10 minutes

Drill Focus: Overall quickness, stutter step, split dodge, changing speed, exploding off one foot & onto another

Body Weight Workout:

Day 7	
Block 1: 3 Rounds	Rocking Plank x 20 sec Skater Squat x 5 each side Squat Jump x 10
Block 2: 3 Rounds	Side Plank x 10 sec each side Single Leg SLDL x 5 each side Lateral Bound x 5 each side
Finisher: 10-1 (10 reps of each, 9, 8, 7....1)	Straight Leg Sit Up Push Up

Day 5:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Endurance:

Track Workout

- 1 mile → walk a lap
- 1 800's (2 laps) → walk a lap
- 2 400's (1 lap) → walk a lap
- 1 200's (½ lap) → walk a lap
- 1 100's (straight away) → walk a lap

Week 8:

Day 1:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Sprints:

150 Yard Shuttles (50yd increment)

- Set a cone at the goal line and the 50yd line
- Sprint 50 yards and back three times
- Complete in 32 seconds or less, rest 90 seconds
- Complete this cycle eight times

Day 2:

Warm Up:

One jogging lap then...

Ladder

Stretch

1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Wall Ball:

1. Catch right (2 minutes)	8. Catch and throw right one hand at top (30 seconds)
2. Catch left (2 minutes)	9. Catch and throw left one hand at top (30 sec)
3. Throw R catch on offside/off shoulder (1 minute)	10. Catch and throw right hand at bottom (30 seconds)
4. Throw L catch on offside/off shoulder (1 min)	11. Catch and throw left hand at bottom (30 seconds)
5. Throw R switch catch L, Throw L switch catch R (2 min)	12. Throw R catch R and hitch/pump fake (1 minute)
6. Quick stick right (1 minute)	13. Throw L catch L and hitch/pump fake (1 minute)
7. Quick stick left (1 minute)	14. Choice not listed (1 minute)

Day 3:

Warm Up:

One jogging lap then...

Ladder	Stretch
1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Up & Down the Ladder

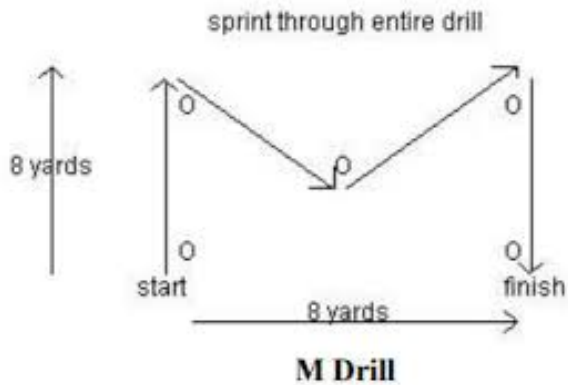
- Sprint 30 yards, walk/jog 70 yards
- Sprint 40 yards, walk/jog 60 yards
- Sprint 50 yards, walk/jog 50 yards
- Sprint 60 yards, walk/jog 40 yards
- Sprint 70 yards, walk/jog 30 yards
- Sprint 80 yards, walk/jog 20 yards
- Sprint 90 yards, walk/jog 10 yards
- Sprint 80 yards, walk/jog 20 yards
- Sprint 70 yards, walk/jog 20 yards
- Sprint 60 yards, walk/jog 40 yards
- Sprint 50 yards, walk/jog 50 yards
- Sprint 40 yards, walk/jog 60 yards
- Sprint 30 yards, walk/jog 70 yards

Day 4:

Warm Up:

One jogging lap then...

Agility: Repeat 3-5 times



Body Weight Workout:

Day 8	
Warm Up:	Lunge - 10 minutes Try to do this straight without stopping!
Block 1: 3 Rounds (as many reps as you can in 30 sec)	V Crunch x 30 sec Single Leg Folder x 30 sec Hollow Hold x 30 sec
Block 2: 3 Rounds (as many reps as you can in 30 sec)	Plank Hold x 30 sec Twist Crunch x 30 sec Toe Touches x 30 sec

Day 5:

Warm Up:

One jogging lap then...

Ladder	Stretch
1 foot in	High knee hug
2 feet in	Quad pulls
2 in lateral right	Frankensteins
2 in lateral left	Hamstring stretch (toe grabs)
In in out out lateral right	Lunges with a twist
In in out out lateral left	Side lunges
In in, out out	Figure four (butt stretch)
Ickey shuffle	Arm circles (forward and backward)
Karaoke right foot leading (turn hips)	Open the gate (hips)
Karaoke left foot leading (turn hips)	Close the gate (hips)

Endurance/Speed:

2 Mile Tempo Run

- Run the first mile at an easy pace
- Run the second mile at a racing pace

Demo link to body weight workouts....

<https://youtube.com/playlist?list=PL8l17fveuvUbCRnFv2kad4bB5XMObfPC5>