

Walnut Creek Warrior Lacrosse
Conditioning Program

Dynamic Warm-Up 10 to 20 Yards 2 to 4 times:

Light Jog: Good form

Butt kicks: Jogging but over exaggerate heels coming up to butt leaning forward

High Knee Run: Jogging but over exaggerate knees to chest pointing toes down

Hands in the Air Run: Arms straight up slightly forward

Skipping: Bring knees up to waist height or lower

High Skips: Bring knees as high as possible

Side Shuffle: Lateral movement. Step and replace

Back Peddle: Legs in front body is low

Zigzag Back Peddle: Shuffle while stepping backwards

Backward Run: Running as if you were in rewind

Plant & Cut: Z runs with or without cones

Snake Run: S run

Lunge Stretch: Backward Lunge with twist left and right

Backward Lunge: With a twisting to the back leg side

Monster Walks: Squat with arms forward then backwards (Duck Walk)

Drop Lunge: Crouch down sideways & cross legs

Carioca: Cross Left over Right squat and repeat with arms forward or with stick

Toy Soldier: Hands or stick at shoulder height extended out with straight leg

Lunge Hop: Lunge then push off front leg landing on 2 feet

Spider Man Walk: Lunge then hands touch ground inside of front leg body low

Spider Man Crawl: Lunge then drag back leg forward while crawling

Inch Worm: Push-up position then tip-toe forward then crawl forward to push-up position

High Knee Stretch: Pull knee to chest Left then Right

Skater Stretch: Side to side with a long step in after each side step

Leg Swing 10 times each: Front & Back and Side to Side Left & Right Use stick for support

Hops: One leg at a time

Hop With Twist: One leg at a time

Hop Front to Back: One leg at a time

Hop Side to Side: One leg at a time

3 Hops Sprint: Hopping 3 times on one foot laterally in the direction of the foot you are hopping on and then transition to a sprint (outside leg)

Change to (inside leg)

Speed Training:

Assisted Lean Fall Run: Lift leg up, lean forward on ball of foot, plant opposite foot, just before you fall... run

Straight Ahead Speed: Partner holds towel around waist lean forward on balls of feet while pulling partner forward with resistance (15-20 seconds)

Lean Fall Run: Full sprint 15-20 yards down and back 2 times

Push-up Start: "Lean Fall Run" starts from a pushup 15-20 yards down and back 2 times (add ground ball)

Scramble Out: "Lean Fall Run" starts on your belly 15-20 yards down and back 2 times (add ground ball)

Stop & Go Drill: "Lean Fall Run" 5 yards then stop in "Athletic Position" 15-20 yards down and back 2 times

3 Gear Run: Short Stride, Medium Stride and Long Stride

Bounds: (Advanced) Run with a high stride/leaping motion (start this with short distances and add distance over several weeks to avoid injuries)

Bound & Hold: Bound and stop on one leg

4 Bounds & Sprint: 4 bounds then transition into a sprint

Sprint to Back Peddle: Sprint then pivot to a back peddle in "Athletic Position" stay low and balanced in the pivot

Add ground ball while sprinting forward

Add multi direction side shuffle

Foot Fire: Scary Feet legs apart then transition into a sprint

First Command: Bring foot in

Second Command: Bring foot in

Third Command: Sprint

Jump Series:

3 jumps forward, 2 jumps back then sprint forward

2 jumps forward, jump twist to the side, jump twist to the side then sprint forward

1 hop left, 1 hop right, 1 hop left then sprint

Z Cut Cone Drill: 4 cones in a square about 10 yards apart (expand to 8 cones)

Run straight to second cone then run to the third cone on a diagonal then run straight to the fourth cone (with stick and ball keep to outside)

M Cut Cone Drill: 5 cones (same as z cut with more cuts)

Reverse Cut Cone Drill: box cones drill with a reverse cut (8 cones)

Plyometrics:

Hop Lunges: Use 2 sticks and hop on one foot over the sticks

Body Weight:

Squat Series:

Feet Pointed Forward

Feet Pointed Out

One Legged Squats

Squat Thrusts

Mountain Climbers: Pushup position bring leg up then switch

Calf Raises

Single Leg Calf Raises

End of Practice Sprints:

End Of Practice Stretch:

Static Stretches:

Quad Stretch: Standing on one leg hold foot behind (30 seconds each leg)

Knee to Chest: Lying on back, pull knee to chest, one hand on knee and one hand on ankle, hold knee at chest and slightly pull ankle inside (30 seconds each leg)

Opposite Knee to Chest: Lay back pull knee to opposite side of chest (30 seconds each leg)

Hamstring & Calf Stretch: Start in pushup stance, lift butt up in air, drop the heels to the ground for Calf Stretch. Point the tailbone up to the air for Hamstring String stretch