



Hard Knox Lacrosse Training Packet

Follow the lax training packet enclosed. If you are in season for a Fall/Winter sport, follow the lax training packet on your non-practice days BUT make sure you do ALL the stick skills workouts.

Print a calendar and cross off each day as you complete each workout to chart your progress. **The only way the team is going to get better is if you put the time and effort into improving YOU first.** Hold yourself accountable as well as your teammates during the preseason workouts. Grab a teammate to work with you when you can in order to push and support each other during each day's work out. Some of these workouts will take place during Captain's Practices.

Key Components Pre-Season & In-Season

1. Family : Positive Reinforcement
2. Grades : Mental Toughness
3. Fitness & Training : Physical Toughness

FAMILY

Hard Knox Lacrosse is a family. We are here to encourage you to begin building our "TEAM" or network of people that will help you through this process and your life ongoing. Your parents, teachers, coaches, and any other mentors genuinely have your best interest at heart. As you grow up and the world gets bigger and bigger, you will begin to carefully add trusted people to your "TEAM".

ACADEMICS

Maintaining a standard of academic excellence should be your number one priority. In order to be successful on and off the field you **MUST** plan and schedule your completion of homework and study appropriately. Poor planning on your part does not give you the excuse to hurt your teammates by missing practices or games. You must maintain passing grades in 70% of your classes to be eligible to play during the season.

FITNESS & TRAINING

These workouts are designed to prepare you for the upcoming season. It is imperative that you follow the workout program in order to be mentally and physically prepared. Things to keep in mind: 1. WARM UP and COOL DOWN 2. Do not **OVERTRAIN**. 2. **REST** and **HYDRATE**
3. When you start in the spring, we will begin more sport specific training exercises as a team.

Pre-season Expectations:

Push-Ups: 40

Sit-Ups: 50

Pull-Ups: 5

Timed Mile: 7 minutes 30 seconds

40-Yard Dash: 6 seconds

Righty Wall Ball with cradle (1 min): 30 with no drops

Lefty Wall Ball with cradle (1 min): 20 with no drops

Righty Quick Stick no cradle (1 min): 40 with no drops

Lefty Quick Stick no cradle (1 min): 30 with no drops

Workout- Breakdown

Strength Workouts (3-4 days per week):

Strength: The extent to which muscles can exert force by contracting against resistance.

Conditioning Workouts (3-5 days per week):

Conditioning: The bodies' ability to work easily and/or with lessened stress while performing a chosen activity.

Plyometrics (3-4 days per week):

Plyometrics: Exercises based around having muscles exert maximum force in as short time as possible, with the goal of increasing both speed and power.

Wall Ball (every day):

Stick Skills: Improving one's ability to comfortably pass and catch in a standstill or on the run.

All Workouts

- Warm- Up by running in place for 3 minutes followed by 10 minutes of stretching.
- Cool- Down by running in place for 2 minutes followed by 6 minutes of stretching.

Strength Workouts:

STRENGTH WKT 1: Upper (8 Rounds x 1:30 Rest)

Warm-Up
10 Push-Ups Wide
10 Flutter Kicks
5 Dive Bombers
10 Sit-Ups
10 Push-Ups Close
2 30 sec. Side Planks (Each Side)
8 Burpees

STRENGTH WKT 2: Lower (8 Rounds x 1:30 Rest)

Warm-Up
15 Body Squats
10 Plank Jacks
15 Calf Raises
2 1 min. Plank
10 Lunges
10 Russian Twists
8 Burpees

STRENGTH WKT 3: Upper (5 Rounds 30 Sec. Blasters x 10 sec rest intervals, 30 sec rest at end of each round)

13 Push-Ups Wide
13 Flutter Kicks
6 Dive Bombers
13 Sit-Ups
13 Push-Ups Close
4 30 sec. Side Planks (Each Side)
8 Burpees

STRENGTH WKT 4: Lower (5 Rounds 30 Sec. Blasters x 10 sec rest intervals, 30 sec rest at end of each round)

Warm-Up
17 Body Squats
13 Plank Jacks

Conditioning Workouts:

COND WKT 1

Warm-Up
4 100 yard reps with 30 second intervals
4 x 800 (2 min rest in between)
Cool- Down

COND WKT 2

Warm-Up
10 x 100 yard sprints (45 sec rest in between)
2 x Interval sprints, (2 minute rest between)
2 x Width of football field sprints (down and back), (1 minute rest between)
Cool- Down

COND WKT 3

Warm-Up
200 Run, 200 Walk
400 Run, 200 Walk
600 Run, 200 Walk
800 Run, 200 Walk
600 Run, 200 Walk
400 Run, 200 Walk
200 Run, 200 Walk
Cool-Down

17 Calf Raises
 1 min. Plank Lunges
 13 Russian Twists
 8 Burpees

STRENGTH WKT 5: Upper (6 Rounds x 1:30 Rest)

Warm-Up
 16 Push-Ups Wide
 16 Flutter Kicks
 8 Dive Bombers
 16 Sit-Ups
 16 Push-Ups Close
 6 30 sec. Side Planks (Each Side)
 8 Burpees

STRENGTH WKT 6: Lower (6 Rounds x 1:30 Rest)

Warm-Up
 20 Body Squats
 15 Plank Jacks
 20 Calf Raises
 1 min. Plank
 16 Lunges
 16 Russian Twists
 8 Burpees

Plyometric Workouts:

PLYO WKT 1

Plyometric Warm up:	Yards	Frequency
Stretch		
Toe Jogging		2 Laps
ButtKicks	15 Yards	2
Side Shuffle	15 Yards	2
Lunges	15 Yards	2

Plyometric Exercises:	Frequency
Squat Jumps (In-Place)	10
Single-Leg Vertical Jumps (In-Place)	10
Tuck Sit-Ups	10
Depth Jumps	10
Hops (Ladder Drill)	4
Icky Shuffle (Ladder Drill)	4
Squat Box Jump to Second and Third Box	4

PLYO WKT 2

Plyometric Warm up:	Yards	Frequency
Stretch		
Toe Jogging		2 Laps
ButtKicks	15 Yards	2

COND WKT 4

Warm-Up
 6 x 25 yard sprints (:15 second rest between)
 4 x 50 yard sprints (:20 second rest between)
 2 x 100 yard sprints (:30 minute rest between)
 Cool- Down

COND WKT 5

Warm-Up
 2 x 800, Under 3:30 min. (5 minute rest between each)
 3 x 100 yard sprints with 30 second intervals
 Cool-Down

COND WKT 6

Warm-Up
 4 x 10-10, 20-20, 30-30, 40-40 sprints (30 sec rest between)
 4 x Jog 10-Sprint 30 (:30 second rest between)
 2 x Full Field- Sprint Straight Away (U :20 Sec)-Jog Width (U : 30 sec) (Continuous)
 Cool Down

Stick Workouts: Use your lacrosse GLOVES!!

STICK WKT 1

25x2- Throw Right, catch Right (One Cradle)
 25x2- Throw Left, catch Left (One Cradle)
 25x4- Throw Right, catch Left, Throw Left, catch Right (One Cradle)
 25x2- Throw Right, catch across body (same hand)
 25x2- Throw Left, catch across body (same hand)
 25x2- Quick Stick Righty
 25x2- Quick Stick Lefty
 25- Righty Hard Bounce Shot with Tennis Ball
 25- Lefty Hard Bounce Shot with Tennis Ball

STICK WKT 2

25x2- Throw Right, catch Right (One Cradle)
 25x2- Throw Left, catch Left (One Cradle)
 25x4- Throw Right, catch Left, Throw Left, catch Right (One Cradle)
 25x2- Throw Right One handed with Cradle
 25x2- Throw Left One handed with Cradle
 25- Quick Stick Righty One Handed
 25- Quick Stick Lefty One Handed
 25- Righty Hard Bounce Shot with Tennis Ball
 25- Lefty Hard Bounce Shot with Tennis Ball

Side Shuffle	15 Yards	2
Lunges	15 Yards	2

Plyometric Exercises:	Frequency
Split Squat Jumps	10
Squat Jumps (In-Place)	10
Wind-Shield Wiper Planks	10
Knee Tuck Jumps	10
ZigZags (Ladder Drill)	4
Ski Jumps (Ladder Drill)	4
Squat Box Jump to Second and Third Box	4

PLYO WKT 3

Plyometric Warm up:	Yards	Frequency
Stretch		
Toe Jogging		2 Laps
ButtKicks	15 Yards	2
Side Shuffle	15 Yards	2
Lunges	15 Yards	2

Plyometric Exercises:	Frequency
Squat Jumps (In-Place)	10
Box Jumps	10
Flutter Kicks (w/Stick)	10
Lateral Cone Jumps	10
Depth Jumps	10
Lateral In-and-Outs (Ladder Drill)	4
Squat Box Jump to Second and Third Box	4

STICK WKT 3

25x2- Throw Right, Catch Right, Face Dodge,
Throw Left, Catch Left (50 Right, 50 Left)
25x2- Throw Right, Catch Right, Spine Dodge,
Throw Left, Catch Left (50 Right, 50 Left)
25x4- Throw Right, catch Left, Throw Left,
catch Right (One Cradle)
25- Behind the back Right
25- Behind the back Left
25x2- Quick Stick Right
25x2- Quick Stick Left
Minute Challenge: As many as you can in a
minute- Righty
Minute Challenge: As many as you can in a
minute- Lefty

Repeat for the next week.

Work Harder, Get Better, Hard Knox!