

PALATINE BOYS LACROSSE



OFF SEASON WORKOUT GUIDE

Revised 2018

To All Palatine Lacrosse Student-Athletes,

This is the time of year that you act on the commitment you have made to being a lacrosse player and student-athlete. As you work to maximize your athletic ability and stick skills over the off-season, keep these three core elements in your mind at all times: **Integrity, Competiveness** and **Effort**. Being successful is not easy, but if you commit yourself to these three components during the off-season, it will be easier to achieve our goals as a team when we begin playing in the Spring. The goal of the off-season program is to improve “Sticks and Feet,” so keep these two core aspects of the game in mind during any activity and make sure you are doing anything and everything possible to improve your speed/strength and your stick skills.

Go Pirates.

Coach Chris Gantz

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Palatine Lacrosse Workout Plan: 3x Week

5 Min- Pre Workout Activities

- 5min jog/bike
- Foam roll if available

5 Min- Speed Improvement Warm-up: Half court distance or 20 yards

- 75% effort sprint
- Ankle Hops/Jumping Jacks: Jumping off “balls of feet” – don’t allow heels to contact ground
- Frankenstein: Keep legs straight; kick target (hand)
- Walking Quad Pull: Pull leg and opposite arm back to effectively stretch hip flexors
- Walking Knee Hugs: Pull knee into chest to stretch hip extensors
- 75% effort sprint
- Walking Lunge Twist: Keep knee an inch off the ground; push hips forward and rotate trunk to either side.
- Sumo Squat: Go through full ROM with wide stance (outside of shoulders) to stretch groin muscles.
- Spiderman: Push-up position; bring one foot to hand; attempt to get elbow to touch ankle or ground; hold briefly.
- High Knees: Quick contacts off the ground; keep heels from touching.
- Butt Kicks: Variation 1 of 2; attempt to kick your butt with foot rhythmically.
- Carioci: Quick movement at the hips; movement should be fluid.
- Backpedal: Athletic position, back flat, looking straight ahead, sitting into position and staying on the balls of your feet.
- Full Sprint: 100% effort

5 Min -Stationary Dynamic Activities

- Prisoner Squats x 10 Reps
- Seal Jumps x 10 Reps
- Front Lunge x5 ea leg
- Side Lunge x5 ea leg
- Supermans/Skydivers x 10 Reps
- Iron Crossover x 5ea leg

Explanations:

Prisoner Squat

- Athlete stands with feet wider than shoulders
- Hands behind the head with interlocked fingers
- Sit back while bending at the knees, shins stay vertical, weight on heels



Seal Jumping Jacks

- Begin with feet together and hands together in front at shoulder height
- Jump by splitting the feet and fully horizontally abducting the arms
- Return the knees and elbows fully extended and the ankles dorsiflexed



Front Lunge

- Begin with hands on hips, fingers back and thumbs forward
- Keep pelvis tucked, chest vertical and step forward on front leg
- Lower the back knee to the ground and explode to star position
- Focus is hip/body stability, hold the position



Side Lunge

- Begin in the same position as front lunge
- Step out to the side loading the leg keeping the feet forward
- Align the nose, knee and toe
- Goal is to activate the lateral stabilizers



Supermans/ Skydivers

- Begin lying prone on mat with arm extended forward and the legs straight.
- Thumbs are pointed to the sky and ankles are kept dorsiflexed
- Lift both arms and legs at the same time keeping the limbs straight
- Try not to let the thigh or arms touch the ground between reps



Iron Cross

- Being in the supine position with arms abducted to the sides
- Sweep the straight left leg across the body to the opposite hand
- Turn the head in the opposite direction of the leg and keep toes up
- Keep stationary leg on the midline and stabilize leg during movement



15 Min- Speed & Strength

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| Odd Days: | |
| TOTAL BODY CIRCUIT | x3 (times through) |
| <i>Jump Rope *as fast as possible</i> | <i>30 reps</i> |
| <i>Alt. Front Lunges (hands behind head) *wear weight vest</i> | <i>20 each</i> |
| <i>Alternating Front and Lateral Raises (w/ weights) *arms straight</i> | <i>20 each</i> |
| <i>Full Sit-Ups (cross arms over chest) *forearms touch quads</i> | <i>30</i> |
| <i>Mountain Climbers (push up position; alt. knee to chest)</i> | <i>30 each</i> |
| <i>Alt. Lateral Lunges (hands behind head) *wear weight vest</i> | <i>20 each</i> |
| <i>Push-ups (on knees if needed to get good reps)</i> | <i>10</i> |
| <i>Bicycle Abs (hands behind head; op elbow to op knee)</i> | <i>30 each</i> |
| <i>Quick Feet on bottom stair (on,on,off,off tempo) *as fast as possible</i> | <i>30 each</i> |
| <i>Tricep Bench Dips (can use chair or coffee table) *down to 90 degrees</i> | <i>20</i> |
| <i>V-Twist Ab Rotations (with weight) legs off ground, rotate touch wt to ground</i> | <i>30 each</i> |
| Rest: | 2:00 |
| !!!!Try to beat your time each time through circuit! | |

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| Even Days: | |
| TOTAL BODY CIRCUIT | x3 (times through) |
| <i>Squat Jumps (touch the ground between legs, jump as high as possible) *wear weight vest</i> | <i>30 seconds</i> |
| <i>Bottom Stair Hand Walk Ups (push up position; walk hands up and down stair as fast as possible)</i> | <i>30 seconds</i> |
| <i>Stability Ball Crunch Reaches (arms straight up holding wts) *reach for the sky</i> | <i>30 seconds</i> |
| <i>Jumping Jacks holding w/ weights</i> | <i>30 seconds</i> |
| <i>Alternating Shoulder Presses (weights above head, lower one to shoulder and back up, switch)</i> | <i>30 seconds</i> |
| <i>Stability Ball Side Crunches (feet against wall; hands behind head)</i> | <i>30 seconds</i> |
| <i>Jump Rope</i> | <i>30 seconds</i> |
| <i>Squats (Hands behind head, squat down low) *wear weight vest</i> | <i>30 seconds</i> |
| <i>Alternating Hammer Curls (hold weights like you would a hammer)</i> | <i>30 seconds</i> |
| <i>Y-Hold (laying on back make "Y" - feet off the ground hands back and wide behind head)</i> | <i>30 seconds</i> |
| Rest: | 2:00 |
| <i>*Complete Circuit 1x through, Rest; Repeat (try and get as many reps as possible in 30 seconds!!)</i> | |

15 Min –Stick Work / Wall Ball

“Rust” Defined: Any growth, habit, influence, or agency tending to injure, deteriorate, or impair the mind, character, abilities, usefulness, etc.

"Rust" should not apply to you as a lacrosse player as it only takes a few minutes to prevent it.

Stickwork is the basic function in lacrosse. Like baseball and basketball, catching and throwing is the basis for everything else and needs constant attention and practice.

Keep your stick skills sharp by PRACTICING... the right way.

STICKWORK TIPS WHEN PRACTICING

- Find a flat brick or concrete wall at least 10 feet high, the longer the better
- Every drill that you do- do it with both hands 50 times each!
- Always wear gloves when you are performing your routine- you play with gloves so why not practice with gloves
- Stand 5-7 yards away from the wall
- Perform this routine at least 4-5 times per week
- Listening to music always helps me work harder, so crank up the tune
- Practice stickwork in "triple threat" position - stick resting on dominant shoulder + perpendicular to your body, so it is ready to 1. catch 2. Pass o 3. Shoot.
- No Sidearm
- Don't fear your weak side. Embrace the challenge of getting your weak hand better.
- Throw it like you mean it. Brick walls won't break so don't worry about hurting the wall.
- Keep the time when the ball is in your stick while you are doing a move or in between catch/ throw as minimal as possible.
- Keep the time that the ball is in the air to your partner OR in the air to/from the wall is less and less.
- Have fun!

Each x50 Reps

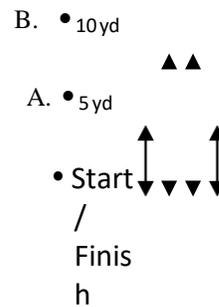
- **Quick Stick Right**
- **Quick Stick Left**
- **One Hand Quick Stick Right**
- **One Hand Quick Stick Left**
- **Catch & Cradle Right**
- **Catch & Cradle Left**
- **One Hand Catch & Cradle Right**
- **One Hand Catch & Cradle Left**
- **Catch & Face Dodge Right**
- **Catch & Face Dodge Left**
- **Catch & Split Dodge Alternating**
- **Canadian/Cross Hand Left**
- **Canadian/Cross Hand Right**

10 Min – Pick 2 Agility Activities Each Workout

60-Yard Shuttle (5-10-10-5)

Instructions

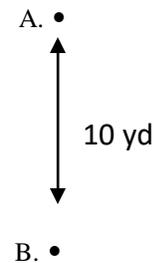
- Sprint from Start to Cone A, planting your foot at the cone, and then sprint back; sprint from Start to Cone B and back
- Sprint again to Cone B and back
- Sprint again to Cone A and back to Finish
- The time for completing this drill should be under 15 seconds
- Run each on the minute, rest for remaining time
- Perform 10 to 20 repetitions



Ajax Shuttle Drill

Instructions

- ❓ Sprint from Cone A to B, planting your foot at the cone, and then sprint back; repeat this shuttle-style-sprint for a total of five trips (50-yards)
- ❓ The time for completing this drill should be between 12 to 15 seconds
- ❓ Rest 30 seconds
- ❓ Perform 5 to 10 repetitions

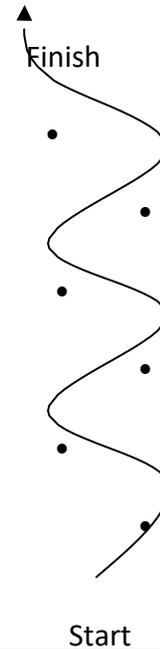


Slalom Cone Run

Instructions

- Accelerate and sprint 5-yards to the first cone and weave your way through, and then sprint a 5-yard distance to the finish
- Distance between cones: 8-yards

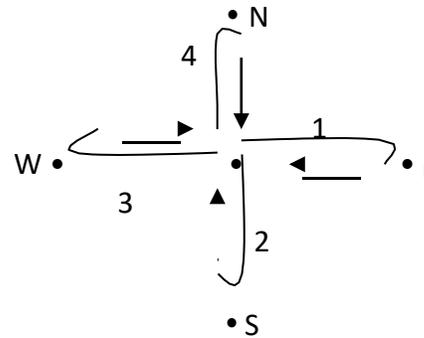
Other Comments: Practice planting either the inside or outside foot to cut and accelerate to the next cone. You can also vary it by starting with 5 to 6 backpedals and then turning around upon entering the first cone. 1-yard = 1 big step.



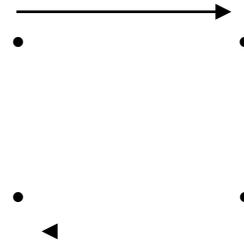
Compass Drill

Instructions

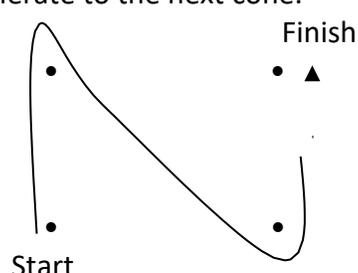
- Start with your right hand touching the top of the center cone while facing the 'South' Cone; sprint to the 'East' Cone, touching it with your left hand
- Continue this pattern with your left hand to the outside cone and your right hand to the center cone while working around the circle; at the last middle cone touch, sprint back past the 'North' cone to finish
- The sequence should be in a clockwise direction; repeat the sequence in the opposite direction, or counterclockwise
- Distance between center and outside cones: 5 to 10-yards



Four-Corner Drill Variation 1

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| <p>Instructions</p> <ul style="list-style-type: none"> Align 4 cones into a 5-by-5-yard square; 1- yard = 1 big step Start at one corner and perform the following sequence samples 1-yard = 1 big step <p>Sequence 1: Sprint forward, lateral shuffle, backpedal, lateral shuffle, sprint forward 10-yards</p> <p>Sequence 2: Backpedal, carioca, sprint forward, carioca, backpedal and turn 180-degrees and sprint 5-yards</p> <p>Sequence 3: Lateral shuffle, sprint forward, carioca, turn 90-degrees and lateral shuffle, turn 90-degrees and sprint 5-yards</p> <p>See how many times you can get around the box in 2 minutes. Rest for 2 minutes and repeat.</p> | <p>Other Comments: Be creative and come up with your own sequences.</p>  <p>* Example of Sequence 1</p> |
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Agility Training: Four-Corner Drill Variation 2

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| <p>Instructions</p> <ul style="list-style-type: none"> Align 4 cones into a 5-by-5-yard square; 1-yard = 1 big step Start at one corner and sprint through, performing the following N-Turn Perform 3 to 6 repetitions on each side | <p>Other Comments: Practice planting either the inside or outside foot to cut around and accelerate to the next cone.</p>  <p>*Example of starting on the left-side</p> |
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* Alternatives for cones can be anything that will stay in place, such as T-shirts, shoes, etc.

Pro-Agility (5-10-5)

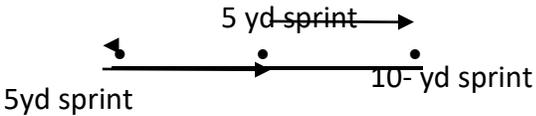
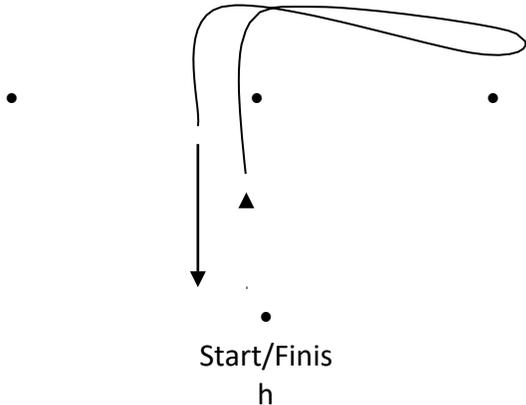
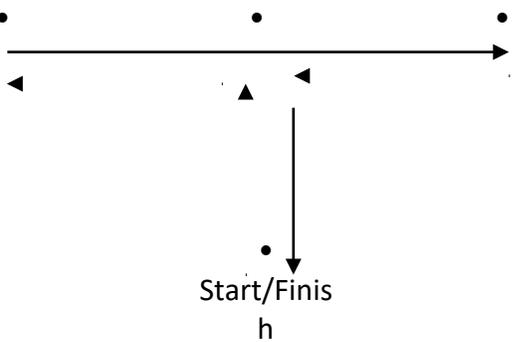
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| <p>Instructions</p> <ul style="list-style-type: none"> Align three cones 5-yards apart; 1-yard = 1 big step Start in the center of the drill; sprint 5-yards to either the right or the left, touching the cone; then sprint back 10 yards to the opposite cone, touching it; then sprint back to the middle to finish. Perform 3 to 6 repetitions sprinting to each side. |  <p>*Example of the 5-10-5, sprinting to the right</p> |
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Figure 8s

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| <p>Instructions</p> <ul style="list-style-type: none"> Place cones down, forming the letter, "T"; distance between cones: 5-yards Stand on either the right- or-left- side of the Start cone. Sprint around the middle cone, turning right or left; continue sprinting the next outside cone; wrap around the outside cone and back around the middle cone; sprint back to the Finish Perform 3 to 6 repetitions on each side | <p>Other Comments: Practice planting either the inside or outside foot to cut around and accelerate to the next cone.</p>  <p>*Example of starting on the left side of the Start cone and sprinting around to the outside right cone</p> |
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T-Drill

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| <p>Instructions</p> <ul style="list-style-type: none"> Place cones down, forming the letter, "T"; distance between cones: 5-yards Stand on either the right- or-left- side of the Start cone. Sprint forward to the middle cone; lateral shuffle to the outside cone; lateral shuffle to the opposite |  <p>* Example of starting on the left side of the Start</p> |
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| <p>outside cone; lateral shuffle back to the middle cone; backpedal to the to the Finish.</p> <ul style="list-style-type: none">• Perform 3 to 6 repetitions on each side | <p>cone</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|

* Alternatives for cones can be anything that will stay in place, such as T-shirts, shoes, etc.

Performance Recovery & Fueling

You must train to improve performance, but it is also necessary to recover in order to improve performance. Recovery after training and competition allows you to return to your normal physical and mental state as rapidly as possible. What you do after can determine how well you perform in the next training session and/or competitive game. Incorporating a recovery session into your training-week is vital.

Immediate Post-Training Recovery Protocol

Ideally, post-training recovery should begin immediately (5 – 10 minutes) following activity.

- Cold plunge or cold shower
- 10-minute foam rolling routine and self-massage
- 10-minute static stretch

A day designed for recovery is different than “a day off.” You cannot and should not recover and prepare for upcoming competitions passively (i.e. doing nothing). Your recovery should be an active process that is part of your total training program.

Recovery Day Session Protocol

A typical recovery day session should incorporate the following:

- 5-minute dynamic stretching warm-up
 - 10 to 20-minute aerobic flush (light jog/bike ride)
 - 10-minute static stretch
 - 15-minute foam rolling routine and self-massage
 - Hot and cold hydrotherapy
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Dynamic Stretching

Dynamic stretching emphasizes the movement requirements of the sport or activity. Each stretching exercise should be performed in a controlled manner and at a slow, comfortable pace. Target major muscle groups: Calves, Hamstrings, Quadriceps, Glutes, Back, Shoulders, Neck.

Aerobic Flush

Aerobic flush refers to increasing blood flow, which aids in supplying muscles with nutrients and removing waste byproducts in the body. A light 10 to 20 minute bike ride or jog on a treadmill, track, or in a park is a good way to increase blood flow, and thereby enhance recovery.

Static Stretching

Static stretching is slow and constant. Each stretching exercise should be performed for 15 to 30 seconds. A Thera-Band stretch strap, a stretch resistance band, or a towel can be used to help facilitate a static stretch.

Foam Rolling

Foam rollers can be used for stretching too and another good way to increase blood flow.

1. Find a tender spot in the area you are working and keep roller on this spot. Wait for the discomfort to diminish by 50-75%. This could take some time and be uncomfortable.

2. When this area is no longer sensitive then begin to see if there are other sensitive areas and repeat.
3. When the area is free of pain and can be rolled over, then continue rolling regularly to keep the area relaxed.

FUELING

Eating Before a Workout

- Eating 15 minutes pre workout is as effective as eating 60 minutes before.
- Eat a variety of foods with a variety of sugars to help maximize transportation of glucose into cells
- Not eating before a workout can jeopardize performance – make it a priority
- Essential amino acids or whey protein can help increase muscle protein synthesis, strength, and hypertrophy compared to post exercise!
- Don't forget to hydrate well.

Example of Pre-workout Meals

Bananas and Fruit and some protein (whey)
Trail Mix
Yogurt
Energy Bar/Protein Bar
Muscle Milk Collegiate

Eating After a Workout

- Both PROTEIN & CARBOHYDRATE are important for maximal recovery!
 - Quick fix: chocolate milk!
- Eat within 30 minutes of your workout to maximize recovery, muscle protein synthesis, and glycogen replenishing
- Carbohydrates help replenish glycogen stores (energy)
- Protein helps rebuild and build muscle
- Drink plenty of fluids to replace fluid lost during your workout

Example of Post-workout Meals

Energy Bar/Protein Bar
Muscle Milk Collegiate
Chocolate milk
Yogurt
Fresh Fruit and Sliced Turkey