

2023 LHS Lacrosse Pre-season Conditioning

Lacrosse is the fastest growing sport for youth, high school, college, and professional organizations. It is considered the ‘fastest sport on two feet’. Developing a speed and conditioning program specifically lacrosse requires you to analyze the metabolic demands for the sport. It combines elements of basketball, soccer, and hockey. This is your outline for pre-season conditioning to prepare you for the upcoming spring ball season. It will incorporate speed improvement drills, dynamic flexibility, foot speed, plyometrics, agility drills and speed and acceleration sprints. This plan can also be used throughout the year.

This program uses what is call the “funnel” principle. The running starts off with longer anaerobic sprints and funnels down to more explosive starts, agilities and plyometrics. It is very important that you put the time in early to build a good anaerobic base before doing the sport specific work later in the schedule. This will help prevent overtraining and injuries. The conditioning program should be done at least two times per week.

Start off all conditioning sessions with this warm-up and finish with a 5-10 comprehensive static stretching routine.

If the week one doesn’t challenge you physically, begin with week 2; if week 2 isn’t challenging you, begin with week 3; you get the idea!! The goal is to get as far along in the progression as you can. Week 7 and beyond will be integrated into our training throughout the season. Remember, official practice starts January 17, 2023, and we want everyone to be in top shape by then. That means working out together when we schedule it and working out on your own, particularly over the holiday period.

You want to challenge yourself physically and progress as your individual conditioning level allows. Along the way, use your sticks, play wall ball, toss the ball around with friends.

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Warm-up drills

Jog 3-5 minutes

Speed Improvement Drills (SID's):

Stationary Arm Swings 2 x 20 sec

High Knees 2 x 20 yds

Butt Kicks 2 x 20 yds

Lateral Shuffle 2 x 20 yds

Carioca 2 x 20 yds

Backpedal 2 x 20 yds

Dynamic Flexibility:

Walking Angled Lunges 1 x 20 yds

Backward Angled Lunges 1 x 20 yds

Walking Knee Hugs 1 x 20 yds

Walking Quad Pulls 1 x 20 yds

Inch Worm 1 x 20 yds

Walking High Kick Toe Touches 1 x 20 yds

Week 1 (December 4 – 10):

Warm-up Drills

5 x 400 yd sprints

Work Time: 1:20 min

Rest Time: 2:45 min

Cool-down and Stretch

Week 2 (December 11 – 17):

Warm-ups Drills

2 x 400 yd sprints

Work Time: 1:15 min

Rest Time: 2:30 min

4 x 200 yd sprints

Work Time: 30 sec

Rest Time: 1:30 min

Cool-down and Stretch

Week 3 (December 18 – 24):

Warm-up Drills

4 x 200 yd sprints

Work Time: 28 sec

Rest Time: 1:20 min

6 x 100 yd sprints

Work Time: 15 sec

Rest Time: 45 sec

Cool-down and Stretch

Week 4 (December 25 – 31):

Warm-up Drills

12 x 100 yd sprints

Work Time: 14 sec

Rest Time: 40 sec

Cool-down and Stretch

Week 5 (January 1 – 7):

Warm-up Drills

8 x 100 yd sprints

Work Time: All-out

Rest Time: 40 sec

6 x 80 yd sprints

Work Time: All-out

Rest Time: 35 sec

4 x 60 yd sprints

Work Time: All-out

Rest Time: 30 sec

Cool-down and Stretch

Week 6 (January 8 – 14):

Warm-up Drills

10 x 80 yd sprints

Work Time: All-out

Rest Time: 35 sec

8 x 60 yd sprints

Work Time: All-out

Rest Time: 30 sec

6 x 40 yd sprints

Work Time: All-out

Rest Time: 25 sec

Cool-down and Stretch

Week 7:

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle

10 x 60 yd sprints

Work Time: All-out

Rest Time: 30 sec

8 x 40 yd sprints

Work Time: All-out

Rest Time: 25 sec

6 x 20 yd sprints

Work Time: All-out

Rest Time: 20 sec

Cool-down and Stretch

Week 8:

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle, Lateral Shuffle, Snake Jump

Plyometrics (full recovery between sets!!)

- Ankle Hops 2 x 8
- Squat Jumps 3 x 5
- Tuck Jumps 3 x 5

10 x 40 yd sprints

Work Time: All-out

Rest Time: 25 sec

Cool-down and Stretch

Week 9:

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle, Lateral Shuffle, Snake Jump

Plyometrics (full recovery between sets!!)

- Ankle Hops 2 x 10
- Squat Jumps 3 x 8
- Tuck Jumps 3 x 6

6 x 40 yd sprints

Work Time: All-out

Rest Time: 20 sec

10 x 20 yd sprints

Work Time: All-out

Rest Time: 15 sec

Cool-down and Stretch

Week 10:

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle, Lateral Shuffle, Snake Jump

Plyometrics (full recovery between sets!!)

- Ankle Hops 2 x 10
- Squat Jumps 3 x 8
- Tuck Jumps 3 x 6
- Split Squat Jumps 2 x 4

4-Cone Agilities x 2 each way (full recovery between each drill!!)

Cones are in a square – 5 yds apart

Combo Pattern (sprint, shuffle, backpedal and sprint)

‘X’ Pattern (sprint up, backpedal diagonal, sprint up, backpedal diagonal)

‘N’ Pattern (sprint up, sprint diagonal, sprint up)

10 x 20 yd sprints

Work Time: All-out

Rest Time: 15 sec

Cool-down and Stretch

Week 11:

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle, Lateral Shuffle, Snake Jump, Bunny Hop, Hop-Scotch

Plyometrics (full recovery between sets!!)

- Squat Jumps 2 x 10
- Squat Jumps 3 x 8
- Tuck Jumps 3 x 6
- Split Squat Jumps 4 x 4
- Broad Jumps 3 x 3

4-Cone Agilities x 2 each way (full recovery between each drill!!)

Cones are in a square – 5 yds apart

Combo Pattern (sprint, shuffle, backpedal and sprint)

‘X’ Pattern (sprint up, backpedal diagonal, sprint up, backpedal diagonal)

‘N’ Pattern (sprint up, sprint diagonal, sprint up)

Figure ‘8’ (sprint up and back in a figure 8 pattern)

Falling Starts

15 x 10 yds (full recovery between each sprint – i.e. 15-20 sec)

Cool-down and Stretch