

Lacrosse Agility & Conditioning Training – Syracuse Lacrosse

<https://www.youtube.com/watch?v=nLpMO1E7JxU>

Syracuse Strength and Conditioning coach takes us through her favorite drills for the women's lacrosse team. As Coach mentions, these drills are a great way to increase mobility and improve your agility. To get the most out of these drills, make sure athletes are going full speed and making deliberate movements.

In women's lacrosse, footwork is the foundation of your game both on offense and defense. Take the time to develop athleticism and mobility to improve your game.