



GameBreaker Lacrosse Daily Workout Routine

Friday Workout

Pitch Back / Pairs Passing Warm Up

1. 50x left-handed throw and catch
2. 50x right-handed throw and catch
3. 40x catch right throw left- catch left throw right
4. 40x right-handed quick stick, about 5 yards away (it's important not to cradle)
5. 40x left-handed quick stick, about 5 yards away (it's important not to cradle)

Shooting (After the 2nd week, you can substitute a drill for a similar drill in the same category)

1. **Zig Zag Shooting**, Set 4 cones up in a zig zag formation down the center of your back yard / field. Your last cone should be about ten yards away from the cage. On the run, dodge at each cone shooting an on the run shot at the last cone, Repeat 5 times for each dodge
2. **Roll Dodge into a Quick Shot**, From the top of the box, drive down the alley. Once you are ten yards out and up from the cage roll to towards the inside for a quick shot. Making sure you do not round off your rollback, swing your hips back around and step down towards the cage off the roll. Repeat 30 times with each hand.
3. **Time and Room Shooting Accuracy**, Line up ten yards out from the center of the cage. Go through a shooting progression going from top left - top right - bottom left – bottom right – right hip – left hip. If you are with someone else, have them feed you from x. Repeat with each hand 20 times.

GameBreaker Lacrosse Camps

Ground Balls / Footwork

6. **Jump the Line**, Jump rope for five minutes or jump the line (facing forward - two feet together over and back, facing forward - scissor split, facing forward - one foot over and back, facing sideways - two feet over and back together, facing sideways - one foot over and toe touch with the inside foot.
7. **Ground Ball Scoop**, Line 10 balls up in the middle of the field. From top to bottom, scoop the 1st ball up and place it five yards away from the center line of balls. Then scoop the next ball up and place it on the left side of the original line of balls. Continue until all the balls are off the original line. From bottom to top, scoop each ball up in order and place it back in the original middle line of balls. Complete the drill down and back 4 times.

Please feel free to reach out for additional workout routines

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