

GameBreaker Lacrosse Camps



GameBreaker Lacrosse Daily Workout Routine

Wednesday 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. 30x crossover, catch right cross over to left shoulder to throw (box lacrosse principles)
5. 30x crossover, catch left cross over to right shoulder to throw (box lacrosse principles)
6. 20x go from top left to top right to bottom left to bottom right and then to the middle

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

1. **Swap the Fly Progression**, Line up 5 yards behind the cage. You are shooting into the back of the net in order to focus on your shooting mechanics not the placement of your shot.

One Handed Shooting – Swat the Fly Progression

Shooting 30 balls **one handed**, your top hand. Start with a ball in your stick or have someone drop a ball into your stick when your hands and body are set. Remembering it's not about accuracy but about engaging your wrist. This is a time and room shot, so make sure to step behind and step through your shot ending on your opposite hip. Repeat with your opposite hand. If you are with someone, have them flip you the ball.

Two Hand Shooting – Swat the Fly Progression

Shoot 30 balls time and room with **both hands** on your stick. Start with a ball in your stick or have someone drop a ball into your stick when your hands and body are set. Remembering it's not about accuracy but about engaging your wrist and core into your shot. Repeat with your other hand. If you are with someone else have them flip you the ball.

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2. **Half Moon Shooting**, Spread two sets of balls at 10 different spots in a half circle around the cage (you can vary the distance week to week making sure to be at least 8 yards from the cage). If you are with two players, have them feed you the ball as you are running back and forth on the same arch.
 - a. From left to right shoot each ball right-handed, time and room
 - b. Once through the first set of balls, go back right to left shooting each ball right-handed, time and room
 - c. Reset the balls and repeat the series 5 times

2. **Quick Shot**, Turn your back to the cage while the other player lines up at X/GLE. The feeding player will yell “turn” while feeding you the ball. Try to catch the ball loaded and quickly step down to shoot. Reset by turning your back to the cage and repeat the process, make sure to feed from both sides of the cage. If you are by yourself, set balls behind you. Mimic the same drill and replace the pass with a ground ball.

Ground Balls / Footwork

3. **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.

Please feel free to reach out for additional workout routines
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