

## Lacrosse Speed and Agility – The Army Way

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

Army Lacrosse, Strength and Conditioning coach Corey Crane, takes us through a great agility warm-up. Footwork and agility are essential for all lacrosse players to reach their potential. Additionally these drills will help with more than just your lacrosse game.

These drills could be done on their own as a workout, by increasing the number of reps and decreasing the rest between reps. It's a great warmup for any strength and conditioning workout or lacrosse practice.