



GameBreaker Lacrosse Daily Workout Routine

Monday Workout

Pitch Back Warm / Pairs Passing 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. **On one knee shoot 50 balls right-handed then 50 balls left-handed**, 3 yards from the cage (making sure to point your lead foot towards the cage at a 90-degree angle, end your shot on your opposite hip while shooting overhand. if needed, put a chair close to your right side forcing yourself to shoot overhand. If you are with someone else have them flip you the ball
2. **Walk the Line**, Line up on the sideline or pick a 30-yard area on the field/in your backyard. Without a ball, make the motions of a time and room shot (description below) while walking down the line. In between each shot take a step to reset your feet before engaging your next shot. Repeat the motion on the way back with your opposite hand.
3. **Dodge and Shoot**, From the top of the box, drive down the alley for an on the run shot. After you shoot, roll back to the center for a time and room shot. You can have someone from the top feeding you for your time and room shot or place a line of balls in the middle that you scoop and shoot. Repeat 30 times with each hand.
4. **Fake and Finish**, Put a pile of 10 balls on each hash just above GLE and a cone/bucket two yard above the center of the crease. Going from one set of balls to the other (right to left, left to right), scoop a ball and go over the top of the cone for a fake and finish shot. Make sure to engage your whole body, use your head and bend your knees to help fake low or extend to fake high (fake high go low, fake low go high). Repeat 2 more times (30 shots with each hand).

GameBreaker Lacrosse Camps

Ground Balls / Footwork

1. **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.
2. **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

Support@LaxCamps.Com