



GameBreaker Developmental Workout Routine

Drill Descriptions



Pitch Back / Wall Ball Routine

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)
6. 30x crossover, catch right cross over to left shoulder to throw (box lacrosse principles)
7. 30x crossover, catch left cross over to right shoulder to throw (box lacrosse principles)
8. 20x go from top left to top right to bottom left to bottom right and then to the middle
9. Defenseman paired long passes 40x each hand at least 40 yards.



Overhand Shooting – *One Knee Shooting*

On one knee shoot 50 balls right-handed then 50 balls left-handed, line up 3 yards away from the cage

Coaching Points

- Make 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 shooting side forcing yourself to shoot overhand, if you are with someone else have them flip you the ball)

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Shooting Mechanics – *Walk the Line Warm Up*

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

Coaching Points

- Elevate your hands up and back while bringing your shoulder to your chin.
- Reposition your feet after every shot.
- Step/pivot your back foot behind your lead foot. Making sure not to cross your feet.
- Finish your shot by pulling your bottom hand to your opposite hip.



Shooting Mechanics – *Swat the Fly*

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.

Coaching Points

- Put your hands in a normal shooting position (for one handed shooting remove your bottom hand).
- Follow through your time and room shooting progression. Make sure to snap your wrist through your shot.

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Shooting Mechanics – *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.

Coaching Points

- Elevate your hands up and back while bringing your shoulder to your chin.
- Reposition your feet after every shot.
- Step/pivot your back foot behind your lead foot. Making sure not to cross your feet.
- Finish your shot by pulling your bottom hand to your opposite hip.
- If you are catching the ball, try to catch each pass loaded (feet and hands positioned for a quick shot)



Shooting Mechanics – *Quick Shot*

If you are with someone else, 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.

Coaching Points

- Try to catch each pass loaded (feet and hands positioned for a quick shot)
- Give the feeding player a good target by setting your hands as you turn.
- Elevate your hands up and back while bringing your shoulder to your chin.
- Reposition your feet after every shot.
- Step/pivot your back foot behind your lead foot. Making sure not to cross your feet.
- Finish your shot by pulling your bottom hand to your opposite hip.



Shooting Mechanics – *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

Coaching Points

- Elevate your hands up and back while bringing your shoulder to your chin.
- Reposition your feet after every shot.
- Step/pivot your back foot behind your lead foot. Making sure not to cross your feet.
- Finish your shot by pulling your bottom hand to your opposite hip.

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Shooting - *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.

Coaching Points

- Elevate your hands up and back while bringing your shoulder to your chin.
- For the time and room shot make sure your feet are set correctly
 - o Step/pivot your back foot behind your lead foot. Making sure not to cross your feet.
 - o Finish your shot by pulling your bottom hand to your opposite hip.
- For the on the run shot make sure to follow your shot though, pulling your stick behind and ending backwards. Show the goalie your numbers.



Shooting – *Roll Dodge into a 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.

Coaching Points

- Elevate your hands up and back while bringing your shoulder to your chin.
- For the time and room shot make sure your feet are set correctly
- Step/pivot your back foot behind your lead foot. Making sure not to cross your feet.
- Finish your shot by pulling your bottom hand to your opposite hip.



Dodging – *Roll, Split & Face Dodge into a Shot*

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

Coaching Points

- For the on the run shot make sure to follow your shot though, pulling your stick behind and ending backwards. Show the goalie your numbers.
- When dodging, make sure to explode out towards the next cone on a 90-degree angle keeping you stick tight towards your body

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Shooting: *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).



Shooting: *Quick Stick*

Set pitch back up next to the cage just above goal line extended (if you are with another player have them feed you). Jog towards the pitch back with a ball in your stick. When you get about 5 to 10 yards away pass the ball at the pitch back for a quick stick shot off the rebound. Repeat 15 times with your right hand and left hand.



Footwork – *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).



Ground Balls – *Ground Ball Lines*

If you have someone with you, start 40 yards away and have them roll a ball at you as you run towards them. Once you scoop it, bring it up to your ear and roll it back quickly. The player rolling the ball out make sure to have a few extra balls near you and roll a ball back as soon as you can.



Ground Balls – *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 a day by day workout routine

Support@LaxCamps.Com