

Exercises Category	"A" Day	"B" Day
Stretching (Do on both "A" and "B" Days, stretch over 10 Yds/30 Ft, except for sprints)	<ul style="list-style-type: none"> • "Frankensteins" – high kick to outstretched hands, alternate legs • "Daisy Pickers" – Bend at waist, touch ground in front of toe (ex. right hand to right toe), raise opposite leg back straight, alternate legs • "Open the Gate/Close the Gate" • "Lunge w/Twist" – With torso upright, do leg lunge with upper body twist • "Butt-Kickers" • "High Knees" • "Shuffle" – shuffle out staying faced in the same direction out and back • "Karaoke" • 50% sprint out and jog back, 100% sprint out and jog back (15-20 Yds) 	
Running & Strength (* = Do with stick and ball)	SPEED DAY <ul style="list-style-type: none"> • 5-Yd Cone Shuttles (3x10)* • 25 to 50-Yd Sprints (5-10)* • Burpees (3 sets x 10 reps) 	ENDURANCE DAY <ul style="list-style-type: none"> • 2-mile run* • Push-ups (3x10) • Sit-ups (3x15)
Stick Skills (Start with dominant and repeat exercises with non-dominant; spend about 15-30 seconds per exercise)	CRADLING – ONE HAND <ol style="list-style-type: none"> a. Cradle – one hand (open stance, closed stance, shoulder to shoulder) b. "Popcorn" (wrist flip) c. "Around the World" – flip with stick going around ball d. Figure 8s e. Over the head cradle, standing to lying flat and back up f. Stick flip in the air (above head) and catch g. Up, hit, catch – flip ball onto back of stick and catch h. High grabs – one hand at bottom, throw ball in air and grab at highest point i. Ground balls – one hand, get down, speak (go anywhere, get space) j. Repeat "a" – "i" with <u>NON-DOMINANT HAND</u> 	CRADLING – TWO HANDS <ol style="list-style-type: none"> a. Cradle – two hands (open stance, closed stance, shoulder to shoulder) b. "Popcorn" (push down stick with bottom hand) c. "Around the World" – flip with stick going around ball d. Over the head cradle, standing to lying flat and back up e. Stick flip in the air (above head) and catch with two hands f. Up, hit, catch – flip ball onto back of stick and catch g. High grabs – two hands (fist apart) at bottom, throw ball in air and grab at highest point h. Ground balls – two handed, get down, speak (go anywhere, get space) i. Repeat "a" – "h" with <u>NON-DOMINANT HAND</u>
Exercises Category	"A" Day	"B" Day
Wall Ball (Do on both "A" and "B" Days)	<ol style="list-style-type: none"> a. 40 one handed (both hands) b. 40 two handed – left c. 40 two handed – right d. 40 two handed – throw left / catch right e. 40 two handed – throw right / catch left f. 40 quick stick – left g. 40 quick stick – right h. 40 underhand – one hand, dominant i. 25 fake to left j. 25 fake to right k. 25 behind the back, left l. 25 behind the back, right 	
Games Skills	Dodging (use cones, trees or siblings as obstacles to dodge) work both left and right hands, minimum of 10 per side <ol style="list-style-type: none"> a. Face b. Split c. Rocker d. Roll <p><i>Variations:</i> Link different dodges together Include a shot after your dodge</p>	Shooting <ol style="list-style-type: none"> a. 15 – shoot from one knee down, left and right (refine proper shooting form) b. 15 – quick fire (line up balls, single line, 8-10 Yds from front of goal and shoot as fast as possible), left and right c. 15 – ground ball pickup to shot in front of goal, left and right d. 15 – crease roles from behind goal, left and right <p><i>Variations:</i> If you have a feeder, do 15 shots from top both left and right Place (zip-tie) empty water bottles or soda cans in corners and call the shots</p>
Video Work (Please note the video or game you watched in your daily logs)	<ul style="list-style-type: none"> • Find a stick trick video on the web and mimic it (Share your results on GroupMe) • Watch (and share on GroupMe) stick skills videos 	<ul style="list-style-type: none"> • Watch either a college or prior game video • Focus on your position and pick out 3 things that you could use to improve your game