


## Norwell Youth Lacrosse Warm Up Program

	U7	U9	U11 and Older
<b>Forward – forward run:</b> suicide style between cones but no touch	●	●	●
<b>Forward – backward run:</b> same as above but running backwards on return	●	●	●
<b>“S” run:</b> run on a curved line	●	●	●
<b>Carioca:</b> sideways running, cross trailing leg in front and in back alternately		●	●
<b>Skipping:</b> up-down-step, reach to sky with opposite hand			●
<b>Lateral shuffle:</b> between cones, do not cross feet			●
<b>Plant-and-cut:</b> sprint forward, plant and cut on 45° angle, alternating right and left every few strides			●
<b>Figure 8</b> (forward and backward): between cones, always face forward			●
<b>Run with spin move (right and left):</b> similar to plant-n-cut drill but do “360°” move when changing direction			●
<b>Combo drills:</b> i.e. sprint to backpedal or box patterns with sprint, shuffle, and backpedal			●