

Foss Is Boss: AdrenaFit Workout of the Month

By: Jesse Foss

The following workout introduces some basic lifting exercises done in a circuit to continue to improve your conditioning while getting stronger. Remember, lacrosse is not football, and bigger is not always better. But, being stronger, faster, and more skilled will certainly help produce results on the field.

This entire workout should take 60 minutes and should leave you gassed by the time you are finished. This workout falls under strength and endurance and can be used twice per week as a beginner program, once a week along with your pre-existing training program, or three times per week as a pre-season program.

Movement Prep – 5 minutes

- Inchworms x 5
- Overhead Squats x 5
- Bootstrap Squats x 5
- Alt. Side Lunge x 3/side
- Reverse Lunge & Reach x 3/side
- World's Greatest Stretch x 3/side

Dynamic Warm Up – 5 minutes

- High Knees x 15 yards
- Butt Kickers x 15 yards
- Shuffle-Right/Left x 15 yards/direction
- High Knee Carioca-Right/Left x 15 yards/direction
- Jog/Sprint x 15/15 yards
- Back Pedal/Sprint x 15/15 yards
- Sprint x 30 yards

Workout – 20 minutes

This circuit should be done as fast as possible while maintaining proper form. Perform 10 repetitions of each exercise in order to complete one set. Do this as many times as you can with in the 20 minutes.

- KB or DB Clean
- KB or DB Press
- KB or DB Racked Squat
- KB or DB Renegade Rows
- KB or DB Dead Lifts

**If you do not have access to dumb bells or kettle bells than make your own weights by filling empty gallon containers with sand. You may need to adjust the amount of sand to make the weight lighter or heavier. Make sure you seal the top with rubber cement or strong tape.*

As your conditioning and technique improves you will be able to complete more circuits in the allotted time. Your goal should be to complete one extra set each week.

For Example:

- Week #1 – 3 sets in 20 minutes
- Week #2 – 4 sets in 20 minutes
- Week #3 – 5 sets in 20 minutes
- Week #4 – 6 sets in 20 minutes

Wall Ball – 10 minutes - Choose 4 of the 10 drills and see how quickly you can finish them. Use chalk or tape to mark a small box and try to hit it with every pass.

- Quick Sticks from 5 yards (25 X Right/Left)
- One-handed, Quick Sticks from 5 yards (25 X Right/Left)
- One Cradle from 10 yards (25 X Right/Left)
- One-handed, One Cradle from 10 yards (25 X Right/Left)
- Cross Handed from 10 yards (25 X Right/Left)
- Behind the Back from 10 yards (25 x Right/Left)
- Low to High from 10 yards (25 X Right/Left)
- Over the Shoulder, Roll Away from 15 yards (25 x Left/Right)
- Alternating Hands from 15 yards (50 Total)
- Off a bounce from 20 yards (25 x Right/Left)

Scatter Drill – 10 minutes - 4 sets x 10 shots x Left/Right

- 1) Start by throwing 10 balls all over the field inside the restraining box or a 30 x 30 yard area.
- 2) Run around and scoop up the ground ball
- 3) Once you have the ball in your stick locate the goal and make the correct dodge to get to the goal

*Another great option is to only allow yourself to use a certain hand to scoop and shoot. This will force you to think about the dodge and how you need to set up to get the right spacing. All players, regardless of position, will end up dodging and/or shooting from different spots on the field. This is a great drill that will put you in a ton a different dodging and shooting situations. Make sure you are going hard and using the appropriate hand for that dodge or shot. As you get better conditioned your goal should be to decrease the rest time in between set and between shots.

Cool Down Stretch – 10 minutes

Spend at least 20-30 seconds stretching each muscle that feels tired or tight

Don't forget to eat a post-workout meal within 20-30 minutes of finishing your workout. Get after it and good luck!