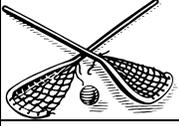


\*Please follow the schedule and rest periods below when training:

Example: Sprint 20 yard lengths 3X-rest 30 seconds between each sprint

 <b>Week 1</b>		<b>Weekly Sprints &amp; Rest Periods</b>	<b>Week 2</b>		<b>Weekly Sprints &amp; Rest Periods</b>
<b>Monday 1.23</b>	Hard 15 min run & stick drills		<b>M 1.30</b>	Hard 20 min run & stick drills	
<b>Tuesday 1.24</b>	Stick drills and sprints	8 x 20 yds (30 s) 6 x 40yds (45 s)	<b>T 1.31</b>	Stick drills, easy 15 minute run & sprints	10 x 20 yds (30s) 8 x 40 yds (45 s)
<b>Wednesday 1.25</b>	Hard 20 min run & stick drills	4 x 60 yds (60 s) 2 x 80 yds (75 s)	<b>W 2.1</b>	1 mile run & stick drills	6 x 60 yds (60 s) 4 x 80 yds (75 s)
<b>Thursday 1.26</b>	Stick drills and sprints	1 x 100 yds (90 s) <b>1 time per week.</b>	<b>Th 2.2</b>	Stick drills, easy 15 min run & sprints	2 x 100 yds <b>1 time per week. (90 s)</b>
<b>Friday 1.27</b>	Hard 20 min run and stick drills		<b>F 2.3</b>	<i>Timed 1 mile time</i> due & stick drills	8 minute Mile
<b>Sat &amp; Sunday 1.28 1.29</b>	Finish any sprints, recommended light 10-12 minute jog & stretch		<b>S&amp;S 2.4 2.5</b>	Finish any sprints, recommended light 10-12 minute jog & stretch	
<b>Week 3</b>			<b>Week 4</b>		
<b>M 2.6</b>	1 ½ mile run & stick drills		<b>M 2.13</b>	2 mile run & stick drills	
<b>T 2.7</b>	Stick drills, easy 15 minute run & sprints	12 x 20 yds(30s) 10 x 40 yds(45s)	<b>T 2.14</b>	Stick drills, easy 20 minute run & sprints	14 x 20 yds (30 s) 10 x 40 yds (45s)
<b>W 2.8</b>	1 ½ mile run & stick drills	6 x 60 yds (60s) 4 x 80 yds(75s)	<b>W 2.15</b>	2 mile run & stick drills	8 x 60 yds ( 60s) 6 x 80 yds (75s)
<b>Th 2.9</b>	Stick drills, easy 20 minute run & sprints	3 x 100 yds (90s) <b>1 time per week.</b>	<b>Th 2.16</b>	Stick drills, easy 20 minute run & sprints	4 x 100 yds (90s) <b>1 time per week.</b>
<b>F 2.10</b>	1 ½ mile run & stick drills		<b>F 2.17</b>	2 mile run & stick drills	
<b>S &amp; S 2.11 &amp; 2.12</b>	Finish any sprints, etc.		<b>S &amp; S 2.18 &amp; 2.19</b>	Finish any sprints, etc.	

**^easy runs = conversation pace**

^Sprint ALL OUT on every sprint! (do not pace yourself)

-Take Full Rest Periods (not less)

-Concentrate on explosive starts (driving knees, leaning forward, pumping arms).

-Keep stride smooth and powerful throughout sprint.

**\*Week 5 will be conducted at preseason practices at Irving Middle School**

**Feb 20<sup>th</sup>-Feb. 24<sup>th</sup> 4:00-6:00**

**Feb 25<sup>th</sup> 10:00 AM-Noon**

**PRACTICES & TRY-OUTS BEGIN FEB. 27<sup>st</sup>**

\*Warm-Up prior to exercise!!!

-Take a nice 5-10 minute jog and warm your muscles up before you stretch.

-Recommended Stretches: hold stretches for **30 seconds!**

**Arms**

Triceps → bring one arm across your chest, pull arm towards chest  
→ bring one arm over your head and across the back of your neck, pull down on your elbow w/ other hand

**Legs**

Quads → standing, grasp your R foot in your L hand (& visa versa), Staying balanced and keeping your legs parallel hold there.

Hamstrings → Standing, feet together touch toes  
→ Sitting, with one leg extended, the other bent perpendicular to the extended leg, reach for your toes.

Calves → in push-up position cross one foot over the other and push lower heel towards ground.

Hip Flexor → sitting, with one leg extended and the other crossed over it, pull your knee towards your chest.

Groin → standing feet a little more than shoulder width apart, lunge toward R & L by shifting weight to and bending forward knee slightly in that direction.

Back → sitting in that same position, one knee crossed over, twist towards L w/ torso when R knee crossed, open up and feel the stretch in your back.

→ Laying flat on your back w/ your legs extended and arms outstretched, keeping your shoulders on the ground take your left foot and bring it across your body and try to touch the ground on the other side.

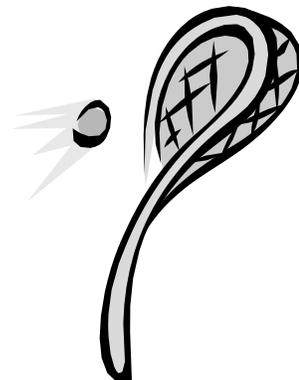
**\*\*When stretching as you exhale, try to extend your stretch that much further, it is a good way to increase your flexibility and range of motion\*\***



Stick Drills

**Wall Ball**

- Throw Right, Catch Right
- Throw Left, Catch Left
- Throw Right, Catch Left
- Throw Left, Catch Right
- Throw Right, Catch Right on opposite side of body



## Stick Drills (cont.)

Throw Left, Catch Left on opposite side of body  
Quick Stick Right  
Quick Stick Left  
Hit the same spot on the wall Right & Left  
Groundballs → hit 6in or less above the wall for best results  
**X25 each hand**

## Other Things to do:

### **Crunches/Sit-ups**

**6 inches → hold for 15 seconds between sets of leg throws or how long can you hold?**

**Leg Throws → 5 sets of 10**

**Push-ups → 50**

**Wall Sits → how long can you hold at 90 degrees for?**

**Lunges → stationary & alternating while moving forward**

### **Getting familiar with your stick:**

#### **5 Steps**

1. Full cradle, ear to ear
2. Roll it out, bring it back in
3. Roll it out, roll it in
4. Bring it all the way across to opposite ear and do 2 full rotations with stick coming back across face.
5. Two #2's, first one goes out like before and 2<sup>nd</sup> one rolls out across your body and comes back in.

^This pattern, if learned and repeated quickly looks really cool and is a good way to improve stick skills.

#### **The Facial Challenge**

Start by doing a full cradle—from ear to ear—standing up, while continuously cradling moved to your knees, to a seated position, laying down flat on the ground and continuing to cradle across your face stand back up.

#### **Dizzy Stick**

Standing, take your stick with a ball and turn it so the head of your stick is facing the ground but the ball won't come out. Start turning around in circles, fast!, and see if you can keep the ball in your stick!

*\*By doing these you become more aware of how the ball feels when it is in your stick, you have better control.\**

**IF YOU DO NOT PLAY LACROSSE OUTSIDE OF PRACTICE, YOU WILL NEVER GET BETTER!!!!**

## D-11 Girls' Lacrosse 2012 Contact

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\* Please check your emails on a DAILY BASIS. Since we are a district team, all updates and information will be communicated through email.

\* Also, "like" our Facebook page to get additional information

\* Go to [www.D11Lacrosse.org](http://www.D11Lacrosse.org) and register!

