

# Lacrosse Exercises:

Lacrosse is a physical game; players must sprint and stop constantly, they must use their strength to play defense, and they must maintain focus throughout the game. Here are lacrosse exercises that will elevate your play to the next level .

**1. Plank:** The plank is good for your core.

-Start by doing 5 planks for 30 seconds each. Then worked your way up to 5 planks for 2 minutes each

**2. Jump Rope:** Jumping rope might be the best versatile exercise there is. It also works your cardio, forearms, calves, quads, and several other muscles.

-Go fast for 20 seconds and resting for 20 seconds for 2 minutes X sets.

**3. Squats/Lunges:** Everything in lacrosse should come from your legs or core, and squats and lunges work these areas perfectly.

-Go out to a field and lunge for 50 yards, rest, and repeat X 10 times.

-Squats for 25 yards X 10 times.

Squats will do wonders for your speed, strength, and power.

**4. Bench/Pushups:** You will be a better defender, and your ability to turn attackmen away from the goal will increase.

-Start with pushups, trying to work up to 5 sets of 10 each. If you are having a problem start on a bench

**5. Hill Sprints:** Hill Sprints are great for conditioning, so they should be high on your list.

-Hill should be about 50 yards long. Start at the bottom and sprint then jog down.

5 X straight, then take a 2 minute break and do another 5 again.

**6. Ladder Exercises:** These are great for working on your agility.

- 4 different ladder exercises X 10 sets

**7. Forearm Curls:** One of the most underrated areas of lacrosse is wrist/forearm strength. Wrist strength also helps your passing and shooting.

- 3 sets of 15 curls, you have to decide on the weight you can curl

**8. Tricep Extensions:** The tricep extension is a great lacrosse exercise to help with your shooting. The last part of your shooting release uses a lot of your triceps, so having strong triceps can increase the speed of your lacrosse shot.

- 3 sets of 10 , you can also do dips on a bench.

**9. Long Runs:** Long, slow runs are probably the most overlooked lacrosse exercise. Long runs are key for endurance. Every player on the lacrosse field needs to have endurance, so incorporating one or two long runs each week into your routine will benefit you a great deal.

**Stretching:** In order to be the best lacrosse player that you can be, you need to treat your recovery just as seriously as your training. This means stretching after every practice and training session. You need to be flexible to help prevent injuries. 15 -30 minutes of stretching everyday.

The most important thing to remember is that you must practice these lacrosse exercises consistently. Remember, be safe with these exercises.

**Practice stick skills everyday.** Pick up the stick and do grounders, pass, shoot.

Long Distance Runs : Tuesday, Thursday & Saturday

Exercises: Monday, Wednesday & Friday

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