

MARCH 29-APRIL 4



| DAY | ACADEMICS | FITNESS | LACROSSE IQ | STICKWORK | TECHNIQUE | TOUCH |
|--------------------|---|---|--|--|---|---|
| Sunday, March 29 | <p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Ladder Level B: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Bounds Level B: 10x each w/ 30 sec rest b/w each exercise. Repeat 3x with 1 min rest when all exercises are complete. Reference REVLax's Tutorial Vid on Site</p> | <p>Register for this week's Webinars! Link at the end of document</p> | <p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p> | <p>2021s-2026s Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 10 min of Split Dodge practice</p> <p>2021s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right.</p> | <p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p> |
| Monday, March 30 | <p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope: Jump Rope : 3 sets of 5 minutes</p> <p>Timed Mile: On a treadmill, road or track - beat last week!</p> <p>Push Ups: 3 sets of max out (as many as you can do) ater each Jump Rope Set</p> | <p>OFF</p> | <p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p> | <p>2021s-2026s Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 10 min of Split Dodge practice</p> <p>2022s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right.</p> | <p>OFF</p> |
| Tuesday, March 31 | <p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>REST DAY</p> | <p>GrouMe Stickwotk Webinar: 4-5pm For 21s-26s who have questions about passing their current WB routine on GroupMe</p> | <p>REST DAY</p> | <p>REST DAY</p> | <p>REST DAY</p> |
| Wednesday, April 1 | <p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>1 Mile Sprints: Road - Sprint/jog every other telephone pole. Track - Sprint the Curves, jog the straight</p> | <p>OFF</p> | <p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p> | <p>2021s-2026s Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 10 min of Split Dodge practice</p> <p>2023s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right</p> | <p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p> |

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|-------------------|---|---|--|--|--|---|
| Thursday, April 2 | <p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Ladder Level B: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Push Ups: 3 sets of max out (as many as you can do) after each ladder</p> <p>Bounds Level B: 10x each w/ 30 sec rest b/w each exercise. Repeat 3x with 1 min rest when all exercises are complete. Reference Vid on Site</p> | <p>Lacrosse IQ Webinar #2 3-3:45pm 2025s-2029s 4-5pm: 2021s-2024s</p> | <p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p> | <p>2021s-2026s Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 10 min of Split Dodge practice</p> <p>2024s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges to a low corner shot. Then submit same thing Left-Right</p> | <p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p> |
| Friday, April 3 | <p>Learn the SAT Word of the Day Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Jump Rope : 3 sets of 5 minutes</p> <p>Timed 2 Mile: On a treadmill, road or track - track your time!</p> | <p>Reflection Assignment Complete the Reflection Survey. Link Below</p> | <p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p> | <p>2021s-2026s Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 10 min of Split Dodge practice</p> <p>2025-2026s TEST DAY Submit a video to the @Home GroupMe with 3 Right-Left Split Dodges and then 3 Left-Right split dodges</p> | <p>OFF</p> |
| Saturday, April 4 | <p>Review SAT Words Check your Email (Check junk folder if you don't receive)</p> <p>REVLax Recommended Read of the Day Check your Email (Check junk folder if you don't receive)</p> <p>30 Minutes of Reading Read for 30 minutes a day!</p> | <p>Warm Up/Stretch: Reference REVLax's Warm Up Vid</p> <p>Ladder Level B: 1min as fast as you can, repeat 3x. Reference REVLax's Tutorial Vid on Site</p> <p>Push Ups: 3 sets of max out (as many as you can do) after each ladder</p> <p>Bounds Level B: 10x each w/ 30 sec rest b/w each exercise. Repeat 3x with 1 min rest when all exercises are complete. Reference Vid on Site</p> | <p>OFF</p> | <p>2021s-2026s 2x per day wallball challenge Execute on GroupMe</p> <p>2027s-2029s 15 minutes of catching/passing With a parent, sibling or on a wall/bounceback</p> | <p>2021s-2026s Split Dodge to a Shot 10 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p> <p>2027s-2029s Split Dodge 10 min of Split Dodge practice</p> <p>TEST DAY FOR ALL WHO FAILED Players who did not pass will resubmit this day</p> | <p>Pops Level A: Hold stick one handed, as if you are walking the dog. Pop the ball up as high as you can, powered by your wrist, NOT your elbow</p> <p>2021s-2026s: 3 sets of 50 in a row, butt end grip, ball goes to shoulder</p> <p>2027s-2029s: 3 sets of 25 in a row, middle grip, ball has to chest</p> |

Lacrosse IQ Webinar #2 Registration Link for 21s-24s

<https://attendee.gototraining.com/r/2294079740174908418>

Lacrosse IQ Webinar #2 Registration Link for 25-29s

<https://attendee.gototraining.com/r/630614304861447938>

GroupMe Webinar for 21s-26s Who Have Questions

<https://attendee.gototraining.com/r/3191926641768026370>

Webinar Reflection Link for all Players

<https://www.surveymonkey.com/r/SJ7FQNJ>