

JUNE 15 - JUNE 21



DAY	ACADEMICS	FITNESS	LACROSSE IQ/TEAM/RECRUITING	STICKWORK	TECHNIQUE	TOUCH
Monday, June 15th	<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>Sit Up Workout Shoulder Workout (21s-24 sOnly) Upper Body Workout [Reference REVLax's Vids on Site]</p> <p>(Players without leg pain) .2 Mile Warm Up/Stretch Timed Mile - BEAT LAST WEEK Put time into @Home GroupMe</p>	OFF	<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>	OFF	<p>Group Balls Roll the ball out about 5 yards, sprint through it, pick up the ball and continue your sprint for another 5 yards</p> <p>21s-24s: 30 total (15 right/15 left)</p>
Tuesday, June 16th	OFF	<p>AFTER SCHOOL (Players without leg pain) .2 mile Warm Up/Stretch SPRINTING w/ STICK: While cradling a ball, sprint the following distances: 10yds/40yds/60yds/80yds/100yds 1 set is when you complete the 5 sprints.</p> <p>2021s-2024s: 5 sets total, 10 sec rest bw sprints, 30 sec rest bw sets 2025s-2029s: 3 sets total, 20 sec rest bw sprints, 30 sec rest bw sets</p>	<p>Off Field Zoom Meetings DEVO (25s-29s) 3:30-4pm</p> <p>HS (21s-24s) 4-4:30pm 24s 4:35-5:05pm 23s 5:10-5:40pm 22s 5:45-6:15pm 21s</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>IF YOU PASSED LAST WEEK: 2021s-2026s You do not need to submit a video, keep perfecting the most important dodge in the womens game!</p> <p>IF YOU FAILED LAST WEEK: 2021s-2026s Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on SATURDAY ONLY. If you don't have a net, hit a specific spot on your wall/bounceback after the dodge. Focus is sprinting, planting and shooting low corner.</p> <p>SPLIT DODGE: 2027s-2029s Split Dodge to a Shot: 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p>	OFF
Wednesday, June 17th	<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>BEFORE SCHOOL Sit Up Workout Shoulder Workout (21s-24s only) [Reference REVLax's Tutorial Vids on Site]</p>	<p>Virtual Practices DEVO (25s-29s) 3-4pm</p> <p>HS (21s-24s) 4:30-5:45pm 21s/22s 5:50-7:15pm 23s/24s</p>	OFF	<p>IF YOU PASSED LAST WEEK: 2021s-2026s You do not need to submit a video, keep perfecting the most important dodge in the womens game!</p> <p>IF YOU FAILED LAST WEEK: 2021s-2026s Prepare for Split Dodge Test: You will need to submit 3 left to right and 3 right to left on SATURDAY ONLY. If you don't have a net, hit a specific spot on your wall/bounceback after the dodge. Focus is sprinting, planting and shooting low corner.</p> <p>SPLIT DODGE: 2027s-2029s Split Dodge to a Shot: 15 min of practice If you don't have a net, hit a specific spot on your wall/bounceback after the dodge</p>	<p>Group Balls Roll the ball out about 5 yards, sprint through it, pick up the ball and continue your sprint for another 5 yards</p> <p>21s-24s: 30 total (15 right/15 left) 25s-29s: 20 total (10 right/10 left)</p>

