



Downers Grove Lacrosse Preseason Program

Wall Ball: This should take 15-20 minutes and should be done each day.

- 1) 25 each hand, one handed passes. Stand about 5-8 yards from the wall.
- 2) 50 each hand, stepping into your passes. Stand about 10 yards from the wall.
- 3) 50 each hand, alternating hands with each pass. Stand about 10 yards from the wall.

On these drills you need to find a spot on the wall that is not too high. The goal is make clean straight passes, not arched passes. Work on accuracy and eye hand coordination. Repetition builds habits, so make sure every pass is done overhand. This will build the habit for late in the game when you're tired, and it counts the most!

Stages: The conditioning guideline laid out below is designed to incrementally increase your endurance. The numbers, 1 through 24, coincide with days. The structure of this exercise is to be flexible with your schedule, not 24 consecutive days! Your muscles will need at a minimum one day of rest in between. The numbers marked those are (1 x 400 or 4 x 300) are the number of times you run and the length. Example, 2 x 300, means run 300 meters or 3 laps of a track 2 times. With a 30 second break in between.

#1- 1 x 400, 2 x 200, 5 x 100, 1 x 400

#2- 3 x 200, 5 x 100, 6 x 50, 2 x 200

#3- 3 x 400, 5 x 200, 8 x 50

#4- 2 x 200, 2 x 400, 10 x 50, 1 x 800

#5- 10 x 50, 3 x 400, 5 x 100

#6- 5 x 200, 2 x 800, 12 x 50

#7- 4 x 200, 6 x 100, 7 x 50, 3 x 200

#8- 8 x 100, 2 x 200, 2 x 400

#9- 5 x 100, 5 x 50, 5 x 200, 5 x 400

#10- 3 x 400, 5 x 800

#11- 1 x 400, 3 x 200, 6 x 100

#12- 8 x 100, 3 x 400, 5 x 200

#13- 10 x 50, 3 x 200, 2 x 800

#14- 1 x 400, 1 x 800, 10 x 50, 1 x 400

#15- 3 x 400, 6 x 100, 6 x 200

#16- 10 x 50, 4 x 200, 2 x 400

#17- 12 x 50, 2 x 800, 12 x 50

#18- 3 x 200, 4 x 400, 1 x 1600

#19- 3 x 200, 2 x 800, 3 x 100

#20- 5 x 50, 4 x 300, 1 x 800, 5 x 50

#21- 6 x 50, 5 x 100, 4 x 200, 3 x 400

#22- 1 x 800, 2 x 400, 3 x 200, 4 x 100

#23- 5 x 200, 6 x 100, 7 x 50, 3 x 200

#24- 1 x 400, 3 x 200, 6 x 100, 1 x 1600