

## Lacrosse

Category	Exercise	Sets x Reps	Rest
<b>Flexibility &amp; Mobility</b>			
5-7minutes	<b>Foam Rolling:</b> Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Pecs 4. Glute complex 5. Hamstring 6. Calves 7. Quad/Lateral 8. Hip flexor 9. Adductors	1 set/ side - :30-60/side	
3-5 minutes	<b>Stretching:</b> 1. Pigeon 2. Wall- Quad/HipFlexor/Hamstring 3. Half kneeling SK adductor stretch 4. Calves on slant board	1 set/ side - :30-60/side	
<b>Dynamic Warm-Up</b>			
5-7 minutes	<b>Movement Prep:</b> 1. Iron cross - 5/s 2. Hip circles - forwards/backwards - 10/s 3. Quad pull RDL reach and shoot the moon - 5/s 4. World Greatest - 5/s  <b>Sprint/Run Mechanic Warm-up:</b> 1. Forward jog 2. Back pedal 3. Forward skip 4. Backward skip 5. Quick feet in place 6. High Knees 7. Butt Kicks 8. Lateral shuffle w/ rotation 9. High Knee carioca 10. Askip 11. Bskip	1x 15-20yds	
<b>SPARQ</b>			
2 sets = 12 min training session	Med Ball Slams	4x 5-8	1 min.
3 sets = 15 min training session	SL Lateral Bound - Med ball wall Toss		
4 sets = 20 min training session	Rotation	4x 5-8/s	:30-60s
	COD Linear/Lateral reaction to coach command	4x	1 min
	Ladder drill - 2 feet 1 box	4x	:30-60s
<b>Cool Down</b>			
5-7min	Foam Rolling and static stretching from <b>Warm Up</b>		
<b>Disclaimer</b>			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			