

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Softball</b>	5 Minute jog, 3 and 5 step starts, 60 yard dashes, line drills (can use cracks on the sidewalk or power poles), Strength exercises (push ups, air squats, planks, etc.) If you have dumbbells you can do a bench, over head (military), curls, triceps), core (abs) exercises and finish with some sort of quicks or jumping jacks.	Throwing: If you have someone to throw with, do your arm stretches first and follow our normal throwing warm up. Work on your throwing form. Hitting: This depends on what you have to work with at home. Start with dry swings (inside, outside, etc.), if you have a T you can do some T work. Work on your 1,2,3! Fielding: If you have a person to work with you can do your glove work (right at you, glove side, back hand) remember to come and get the ball. You can field balls and do glove work by yourself off a wall if possible.	5 Minute jog, 3 and 5 step starts, 60 yard dashes, line drills (can use cracks on the sidewalk or power poles), Strength exercises (push ups, air squats, planks, etc.) If you have dumbbells you can do a bench, over head (military), curls, triceps), core (abs) exercises and finish with some sort of quicks or jumping jacks.	Throwing: If you have someone to throw with, do your arm stretches first and follow our normal throwing warm up. Work on your throwing form. Hitting: This depends on what you have to work with at home. Start with dry swings (inside, outside, etc.), if you have a T you can do some T work. Work on your 1,2,3! Fielding: If you have a person to work with you can do your glove work (right at you, glove side, back hand) remember to come and get the ball. You can field balls and do glove work by yourself off a wall if possible.	5 Minute jog, 3 and 5 step starts, 60 yard dashes, line drills (can use cracks on the sidewalk or power poles), Strength exercises (push ups, air squats, planks, etc.) If you have dumbbells you can do a bench, over head (military), curls, triceps), core (abs) exercises and finish with some sort of quicks or jumping jacks.	
<b>Baseball</b>	Baseball Monday May 11: <a href="https://docs.google.com/document/d/1NxdNBDU06JA_YNGVYAX6_BDHJ8PpyZagPFfe11ZLTjLg/edit?usp=sharing">https://docs.google.com/document/d/1NxdNBDU06JA_YNGVYAX6_BDHJ8PpyZagPFfe11ZLTjLg/edit?usp=sharing</a>	Baseball Tuesday May 12: <a href="https://docs.google.com/document/d/1PnlzRLsCJHWvTz-bWUGZzDBIk7NDXNmc1LudUzEhXTQ/edit?usp=sharing">https://docs.google.com/document/d/1PnlzRLsCJHWvTz-bWUGZzDBIk7NDXNmc1LudUzEhXTQ/edit?usp=sharing</a>	Baseball Wednesday May 13: <a href="https://docs.google.com/document/d/1K_eXBH6pS4-vZXikP_Fcujf7FKyZSyKYsw4e2lQs04s/edit?usp=sharing">https://docs.google.com/document/d/1K_eXBH6pS4-vZXikP_Fcujf7FKyZSyKYsw4e2lQs04s/edit?usp=sharing</a>	Baseball Thursday May 14: <a href="https://docs.google.com/document/d/1hAyyDKJ_Vdx50j2I31H_OgUQNjJA60vBOMQfWo4IxPI/edit?usp=sharing">https://docs.google.com/document/d/1hAyyDKJ_Vdx50j2I31H_OgUQNjJA60vBOMQfWo4IxPI/edit?usp=sharing</a>	Baseball Thursday May 15: <a href="https://docs.google.com/document/d/1msxnSr8GMJSZ20VSnaAGfkvCAJWoJrcYH11hr2Iro4vc/edit?usp=sharing">https://docs.google.com/document/d/1msxnSr8GMJSZ20VSnaAGfkvCAJWoJrcYH11hr2Iro4vc/edit?usp=sharing</a>	
<b>Girls Track</b>	All warmup drills, stretch, mid distance run (2 miles), abs to finish	1/2 mile warm up, All warm up drills, stretch, 300 workout. 5x300 @80%, 800 warmdown, abs to finish.	1/2 mile warm up, All warm up drills, stretch, technical day, abs to finish.	All warm up drills, stretch, over distance run (3 miles around the neighborhood), abs to finish.	1/2 mile warm up, all warmup drills, stretch, 10x50 (%-75-80-90-90-100-100-100-90-80-70) 800 warmdown, abs to finish	
<b>Boys Track</b>	Drills - 3x10m Flies 100% Effort. Distance Runners should build up to 30 miles for the entire week	3xJump Circuit & Core Circuit	Drills - 3x10 Flies 100% Effort	3xJump Circuit & Core Circuit	Drills - 3x10 Flies 100% Effort	
<b>Girls Lacrosse</b>	<b>Wall Ballx30 touches (go for accuracy, if you drop start over)</b> , practice cradling (there is more than 1 type of cradle), run while cradling, practice your dodges (have family members step in), <b>groundballs (make sure you are protecting your stick/ondon bridge)</b> , ladder drills w/o stick	<b>15 min or 1.5 mile run</b> (Can you go further/longer?), body weight excercises (you know what muscles we utilize in lacrosse), AB series, watch film (focus on spacing, body positioning, rules) <b>JOIN</b> in on the Zoom team workout @ 6PM // MAKE SURE YOU'RE WARMING UP & COOLING DOWN	Rest, Relax, Stretch Day: take a walk, do some yoga, reset the mind, stretch out those tight muscles (we don't need injuries) <b>JOIN</b> in on Team Game Night on Zoom	<b>10x50yd Sprints</b> , perform body weight excercises until fatigue, work on defensive footwork (sit down, wide stance) -- Push yourself reach day, work through that mental block. <b>JOIN</b> the Zoom HS team workout @ 6PM // MAKE SURE YOU'RE WARMING UP & COOLING DOWN	Wall Ball <b>50 touches each drill</b> , forearm stick work (underhand toss, one handed side arm cradle, one handed above the head snag), T-Drills, Box drill, x-drill (sprints, backpedal, side shuffle)	LACROSSE IS A RUNNING SPORT
<b>Boys Lacrosse</b>	Wall Ball Cycle (Do each for a minute, aim at a spot on the wall, and replicate each activity with both hands) : Two hands, one hand, catch and switch, two hands far away from wall, and quick sticks closer to the wall. Run three 240's. Stretch.	Run <1.5 miles with your stick and a ball. Stretch	Wall Ball Cycle (Do each for a minute, aim at a spot on the wall, and replicate each activity with both hands) : Two hands, one hand, catch and switch, two hands far away from wall, and quick sticks closer to the wall. Agility Cycle (45 seconds hard: 90 second break): Line jumps forward and backwards, line jumps side to side, squat jumps, burpees, and split leg jumps	Drop the ball and pick it up a 100 times. Practice bringing it up to your ear and cradling strong as you come up. Watch 45 minute of lacrosse on youtube. Pay attention to your position and how elite players make things happen.	Wall Ball Cycle (Do each for a minute, aim at a spot on the wall, and replicate each activity with both hands) : Two hands, one hand, catch and switch, two hands far away from wall, and quick sticks closer to the wall. Run three 240's. Stretch.	
<b>Boys Volleyball</b>	<b>Workout 1</b> 50 push ups, 50 sit ups, 3 one minute wall sits, these can be broken down in any order	<b>Workout 2</b> Step 1: 100 passes to yourself Step 2: 40 sets to yourself Step 3: 10 transition sets Step 4: 80 touches pass, set	<b>Workout 3</b> Wall Ball Step 1 Pass to the wall 40 times Step 2 40 toss pass set catch against wall	<b>Workout 4</b> 40 wall traps(standing Serve position) serve and trap against wall focusing on form	<b>Workout 5</b> Blocking foot work 15 to the left, 15 to the right, 15 block then transition to hit, and approach	We also will continue to send out challenges, both volleyball and conditioning. We will continue to change up some works outs. Team meetings will be texted to each team and posted in our groupme times and days change
<b>Boys Tennis</b>	<a href="#">-Stretch</a>	<a href="#">-Stretch</a>	<a href="#">-Stretch</a>	<a href="#">-Stretch</a>	<a href="#">-Stretch</a>	

	<a href="#">-Workout #1</a>	<a href="#">-Workout #2</a>	<a href="#">-Workout #1</a>	<a href="#">-Workout #2</a>	<a href="#">-Workout #1</a>	
	-Run a mile	-Find a wall and hit for 15 minutes -Five minutes at volley distance -10 minutes at baseline distance	-Run a mile	-Find a wall and hit for 15 minutes -Five minutes at volley distance -10 minutes at baseline distance	-Run a mile	Any time you want a quick boost do a set of 60 jumping jacks, 15 push-ups and 15 squats. It breaks up the time sitting down very well. It's a great energy boost.