

	Monday	Tuesday	Wednesday	Thursday	Friday	
Softball	"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.	
Baseball	Baseball Monday May 18: https://docs.google.com/document/d/1NxdNBDU06JA_YNGVYAX6_BDHJ8PpyZagPFfe11ZLTjLg/edit?usp=sharing	Baseball Tuesday May 19: https://docs.google.com/document/d/1PnlzRLsCJHWvTz-bWUGZzDBIk7NDXNmc1LudUzEhXTQ/edit?usp=sharing	Baseball Wednesday May 20: https://docs.google.com/document/d/1K_eXBH6pS4-vZXikP_Fcujf7FKyZSykYsw4e2lQs04s/edit?usp=sharing	Baseball Thursday May 21: https://docs.google.com/document/d/1hAyyDKJ_Vdx50j2l31H_0qUQNjJA60vBOMQfWo4lxPI/edit?usp=sharing	Baseball Friday May 22: https://docs.google.com/document/d/1msxnSr8GMJSZ20VSnAGfkvCAJWojrcYH11hr2ro4vc/edit?usp=sharing	
Girls Track	All warmup drills, stretch, mid distance run (3 miles), abs to finish	1/2 mile warm up, All warm up drills, stretch, 2 workout. 6x200 @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 (4 miles around the neighborhood), abs to finish	1/2 mile warm up, all warmup drills, stretch, 6x100 (%-75-90-100-100-80-70) 800 warmdown, abs to finish	
Boys Track	Drills - 3x30m Flies 100% Effort. Distance Runners should build up to 30 miles for the entire week	3xJump Circuit & Core Circuit	Drills - 3x30m Flies 100% Effort	3xJump Circuit & Core Circuit	Drills - 3x30m Flies 100% Effort	
Girls Lacrosse	Wall Ball, practice cradling (there is more than 1 type of cradle), run while cradling, practice your dodges (have family members step in), groundballs, ladder drills w/o stick	15 min or 1.5 mile run (Can you go further/longer?), body weight exercises (you know what muscles we utilize in lacrosse), AB series, watch film (focus on spacing, body positioning, rules) JOIN 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) JOIN in on Team Game Night on Zoom	10x50yd Sprints , perform body weight exercises until fatigue, work on defensive footwork (sit low, wide stance) -- Push yourself reach day, work through that mental block. JOIN the Zoom HS team workout @ 6PM // MAKE SURE YOU'RE WARMING UP & COOLING DOWN	Wall Ball 100 touches each drill , 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)	
Boys Lacrosse	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.	
Boys Volleyball	Workout 1 50 push ups, 50 sit ups, 3 one minute wall sits, these can be broken down in any order	Workout 2 Step 1: 100 passes to yourself Step 2: 40 sets to yourself Step 3: 10 transition sets Step 4: 80 touches pass, set	Workout 3 Wall Ball Step 1 Pass to the wall 40 times Step 2 40 toss pass set catch against wall	Workout 4 40 wall traps(standing Serve position) serve and trap against wall focusing on form	Workout 5 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

Boys Tennis	-Stretch	-Stretch	-Stretch	-Stretch	-Stretch	
	-Workout #1	-Workout #2	-Workout #1	-Workout #2	-Workout #1	
	-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.