

PRIDE LC

online



SUMMER PREP

WITH SUMMER LACROSSE BEING PUSHED BACK UNTIL EARLY JULY, IT IS CRITICAL TO STAY MOTIVATED AND ACTIVE. OUR COACHES HAVE STRUCTURED AN INTERACTIVE ONLINE PLATFORM THAT ENABLES PLAYERS TO COMPETE AND REMAIN IN VIRTUAL CONTACT WITH THEIR COACHES AND TEAMMATES.

May 29th – July 3rd

6 WEEK COURSE

- PROGRESSIVE TRAINING – WEEKLY THEMES
- 90-120 MINUTES/DAY – MONDAY / WEDNESDAY / FRIDAY
- SPEED & PLYOMETRIC PROGRAM – CREATED BY DR. HOLDER
- WEEKLY CAMEOS & GUEST SPEAKERS
- POSITIONAL ZOOM MEETINGS – FILM BREAKDOWN
- DAILY VIDEO DRILL INSTRUCTION FROM PRIDE STAFF
- INDIVIDUAL & GROUP DISCUSSION (ZOOM)
- MILLON LACROSSE VIRTUAL POSITIONAL CAMP
- 100+ YOUTUBE VIDEOS OF DRILLS FROM PRIDE COACHES
- UNLIMITED VIDEO EVALUATION FROM COACHES
- SNYPR STICKWORK CHALLENGES





THE CONTENT



PROGRESSIVE TRAINING

WEEKLY PROGRESSIVE THEMES INCLUDING: GRIND WEEK, TEAM ELEMENTS, WINNING YOUR MATCH UP, 2 MAN GAMES/PAIRS, TRANSITION, AND SITUATIONAL PLAY

WEEKLY ZOOM MEETINGS

WEEKLY ZOOM MEETINGS INCLUDE MONDAY'S INTRODUCTION AND EXPLANATION OF EXERCISES, POSITIONAL FILM BREAKDOWN, GUEST SPEAKERS, AND MOTIVATIONAL CAMEOS FROM FAMOUS ATHLETE'S AND CELEBERTIES ON THEIR JOURNEY TO THE TOP!

PLAYER EVALUATIONS

PLAYERS CAN UPLOAD VIDEOS OF DRILLS AND WORKOUTS TO BE EVALUATED BY THEIR COACHES IN GOOGLE CLASSROOM

SNYPR CHALLENGES

PLAYERS WILL DOWNLOAD SNYPR APP AT NO ADDITIONAL COST. SNYPR ALLOWS PLAYERS TO TRACK REPS USING THEIR SMARTPHONES AND COMPETE FOR WEEKLY STICKWORK CHALLENGES AND WITH TEAMMATES TO EARN PRIZES

SPEED/PLYO PROGRAM

6 WEEK PROGRESSIVE PLYOMETRIC AND SPEED PROGRAMS STRATEGICALLY DESIGNED SPECIFICALLY FOR LACROSSE PLAYERS

MILLON VIRTUAL CAMP

ON JUNE 6TH & 7TH, ONE OF THE ALL-TIME GREATS, MARK MILLON WILL BE HOSTING VIRTUAL POSITIONAL CAMPS FOR OUR PLAYERS. EVERYONE WILL RECEIVE A TRAINING PACKET AND ABILITY TO REWATCH

ZOOM MEETINGS

MOTIVATIONAL MONDAYS

- 3:00pm • COACH DR. HOLDER**
 - WALK-THROUGH OF WEEKLY SPEED & PLYOMETRIC PROGRAM
- 3:10pm • COACHES**
 - OVERVIEW OF WEEKLY THEME AND DRILLS
- 3:20pm • GUEST SPEAKER**
 - MOTIVATIONAL SPEECHES FROM HEAD COACHES AND PROFESSIONAL LACROSSE PLAYERS
- 3:30pm • CAMEOS FROM PRO ATHLETES & CELEBERTIES**
 - 1-2 MINUTE PERSONALIZED PEP TALK FOR PRIDE LC PLAYERS

PRIDE LC CAMEOS

- NFL HALL OF FAMER
- 2016 OLYMPIC GOLD MEDALIST
- UFC CURRENT CHAMPION
- 2X NCAA BBALL CHAMPION
- CURRENT NBA ALL-STAR

GUEST SPEAKERS

- CURRENT PRO PLAYERS
- COLLEGE COACHES
- LACROSSE HALL OF FAMERS
- CURRENT COLLEGE PLAYER

OFFENSE WEDNESDAYS

- 3:00-3:30pm • OFFENSIVE FILM BREAKDOWN**
 - ALL ZOOM SESSIONS RECORDED & POSTED IN GOOGLE CLASSROOM

DEFENSE FRIDAYS

- 3:00-3:30pm • DEFENSIVE FILM BREAKDOWN**
 - ALL ZOOM SESSIONS RECORDED & POSTED IN GOOGLE CLASSROOM



WOOZ ZOOM



VIRTUAL INTEGRATION:

GOOGLE CLASSROOM:

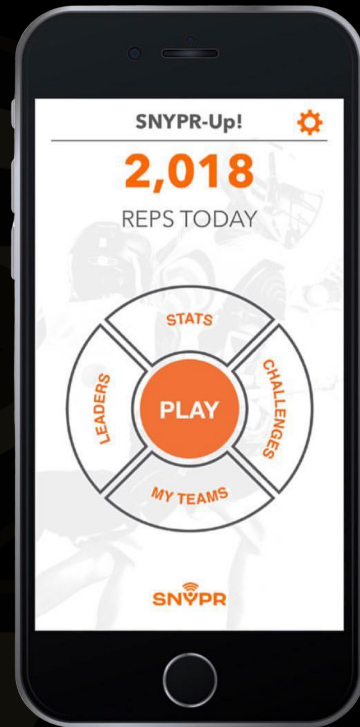
- Google Classroom allows coaches to communicate daily workouts, exercises, drills, and videos with players as well as quick replies to player questions. Players can also upload video of drills and exercises for coach evaluations.

SNYPR:

- The coolest lacrosse app on the market. This app allows players to compete against each other and earn prizes completing weekly challenges by tracking their reps through their smartphones.



LEADERBOARD		
REGION	TEAM	GLOBAL
Daily	Weekly	All-Time
Dripping Springs Tigers		
1	mattrichardson	31071
2	Jacksondale	24069
3	Cole Renker	20671
4	Luke_Jenkins	20000
5	logan.crank	19105
6	Nathanpruitt	19078
7	Ryan watterson	18806
8	Mark Tressler	18626
9	Josephguzaldo	18521
10	Hunter Pierpoint	18446
11	Logan Heinchon	18300
12	Thomas Austin84	17380
13	Dub_Ambruzs	17210



SNYPR

ZOOM:

- zoom.us is a free website that we will use to video conference with the team as well as individual players.

INSTAGRAM:

- All instructional videos of drills and film breakdown will also be posted @PrideLC_Online private account for lifetime access.

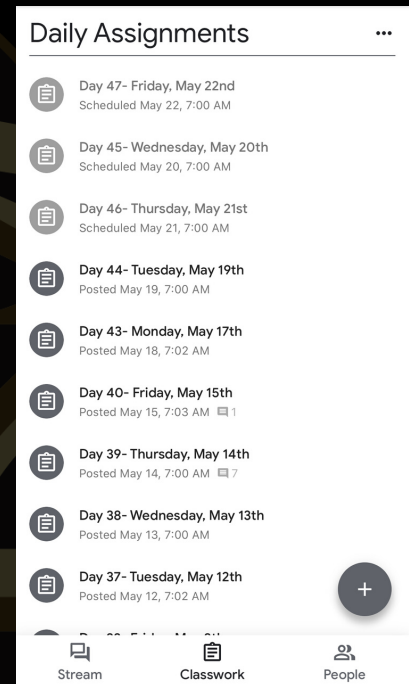
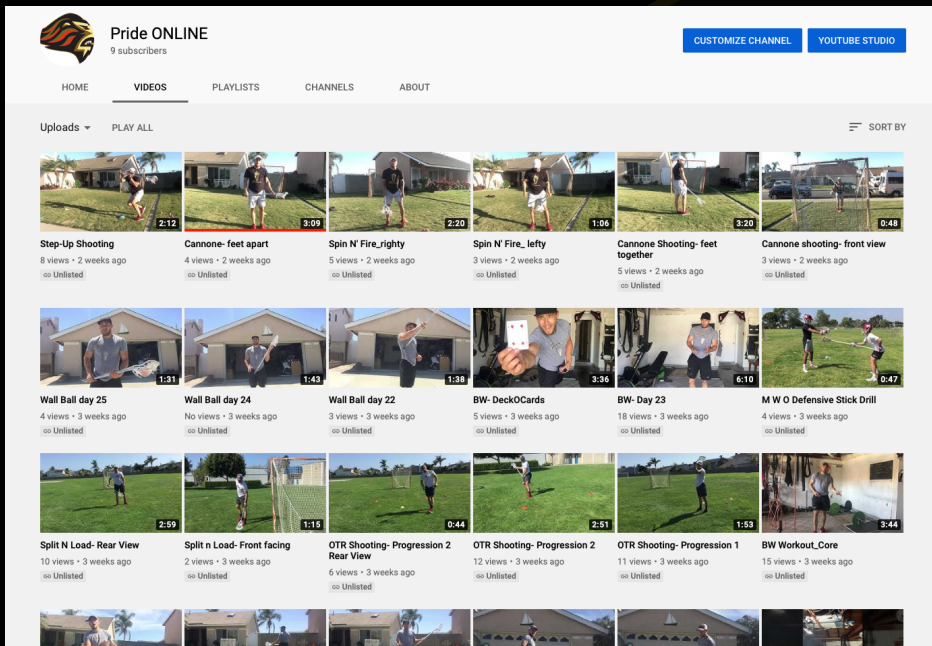
EQUIPMENT & SPACE:

- Ball
- Stick
- Gloves
- Helmet
- Hard Wall or Bounce-back
- 8x8 space in yard, park
- Goal or Target



EXAMPLE

GOOGLE CLASSROOM, YOUTUBE, & ZOOM



**PRIDE LC
YOUTUBE
DRILL LIBRARY**

**GOOGLE
CLASSROOM**

**TEAM ZOOM
MEETINGS**





EXAMPLE DAY

1) ZOOM CALL : 30 Minutes

MONDAYS - ALL

Gust Speakers & Cameos

Them of the Week

Dr. Holder - Speed & Plyo Programming

WEDNESDAYS - OFFENSE

Offensive Film Breakdown

FRIDAYS - DEFENSE

Defensive Film Breakdown

2) STICK WORK: 10-15 Minutes

Start the clock prior to the first rep and stop it once the final rep has been completed.

RECORD YOUR TIME - time yourself as many times as you want and use the best time prior to the time due!) VIDEO BELOW!!

100 - 1 Cradle Right

100 - 1 Cradle Left

100 - Quick Stick Right

100 - Quick Stick Left

3) FOOTWORK: 10-15 Minutes

~ Cone & Ladder Drills (with Link to YouTube Video)

4) SPEED & PLYO: 30-40 Minutes

~ 6 week program designed to improve flexibility and speed

5) DRILL OF THE DAY: 15-20 Minutes

~ 4 Cone Progression (with Link to YouTube Video)

OFFENSE: Fundamental Breakdown Shooting

DEFENSE: Hockey & Soccer GB's