

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
- MOTIVATIONAL CAMEOS TO OUR PLAYERS (ZOOM)
- POSITIONAL ZOOM MEETINGS – FILM BREAKDOWN
- DAILY DRILL VIDEOS – INSTRUCTION FROM PRIDE STAFF
- INDIVIDUAL & GROUP DISCUSSION (ZOOM)
- SNYPR STICKWORK CHALLENGES
- 100+ YOUTUBE VIDEOS OF DRILLS FROM PRIDE COACHES
- UNLIMITED VIDEO EVALUATION FROM COACHES

 [@PrideLC](https://www.instagram.com/PrideLC)





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

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
- NCAA BBALL HEAD COACH

GUEST SPEAKERS

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

WEDNESDAYS

3:00-3:30pm • FILM BREAKDOWN

FUN FRIDAYS

3:00-3:30pm

- GROUP DISCUSSION
- TRIVIA
- CHALLENGES



WOOZ ZOOM



VIRTUAL INTEGRATION:

GOOGLE CLASSROOM:

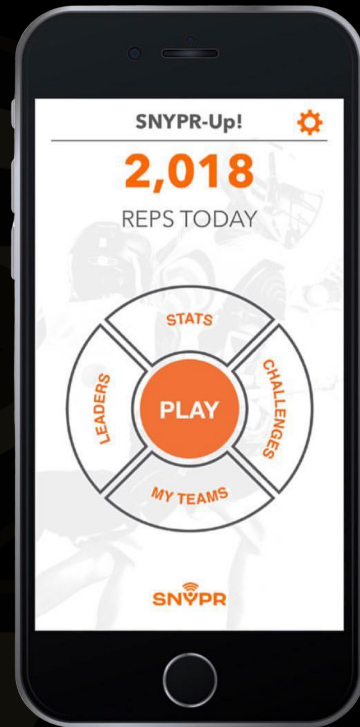
- Google Classroom allows coaches to communicate daily workouts, exercises, drills, and videos with players as well as quick replies to player questions. Players can also upload video of drills and exercises for coach evaluations.

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.

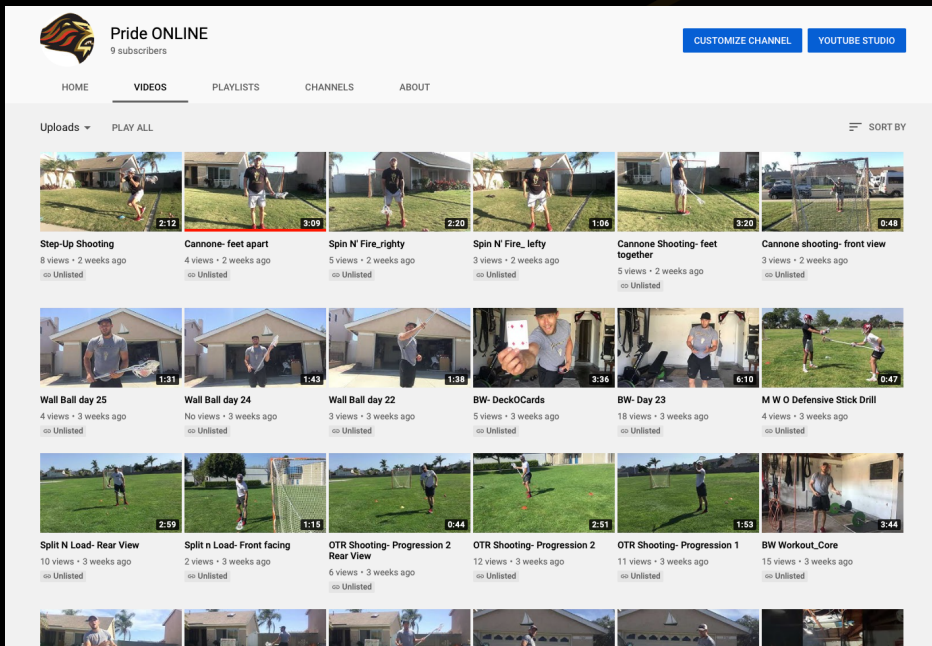
EQUIPMENT & SPACE:

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



EXAMPLE

GOOGLE CLASSROOM, YOUTUBE, & ZOOM



Due Monday, 9:00 PM

Day 1- TEST DAY

Add class comment

TESTING:

1) Wall Ball Test- start the clock prior to the first rep and stop it once the final rep has been completed. RECORD YOUR TIME (you can time yourself as many times as you want and use the best time prior to the time due!) VIDEO BELOW!!

25 (50 total) 1-cradle R/L
25 (50 total) Quick Sticks R/L
50 catch n split
25 (50 total) One-handed *top hand* R/L
25 (50 total) Catch across face R/L
25 (50 total) Cross-hand/Canadian throw and catch normal R/L
10 btb

2) Body Weight Test- you are to do as many QUALITY reps as possible in the amount of time given. You MUST have someone else control the timer as well as count the reps.

~ Push Ups- 90 seconds to complete as many reps as possible (AMRAP)
(video: <https://www.youtube.com/watch?v=IODxDxX7oi4>)

Your work

Turned In

**PRIDE LC
YOUTUBE
DRILL LIBRARY**

**GOOGLE
CLASSROOM**

**TEAM ZOOM
MEETINGS**





EXAMPLE DAY

1) ZOOM CALL : 30 Minutes

MONDAYS

Gust Speakers & Cameos

Them of the Week

Dr. Holder - Speed & Plyo Programming

WEDNESDAYS

Film Breakdown

FRIDAYS

Group Discussion, Trivia, Challenges

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

~ 4 Cone Progression (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