

# Week 3

## Monday April 27<sup>th</sup>

### Motivational Monday

“For Everyone”: Hungry

<https://youtu.be/xFr0FKnaLDk>

**Girls:** The New Face of Women’s Lacrosse: Becoming Kylie Ohmiller

<https://youtu.be/zTkuUJ2rXj4>

**Grades 7 to 11:** The 16<sup>th</sup> Second

<https://youtu.be/T7S2PftWZ1M>

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** Back Hand Passing (2 Hands & 1 Hand) - 25 RT, 25 LF (Both hands - one quick cradle)

**Grades 7 to 11:** Back Hand Passing (2 Hands & 1 Hand) - 50 RT, 50 LF (Both hands - one quick cradle)

## Tuesday

### Speed Training Tuesday

**Grades 1 to 6:** Agility Cone Drills – 10 Reps of Each

<https://youtu.be/uM-dKCKn5bU>

**Girls:** Kylie’s Favorite Shooting Drill

<https://youtu.be/drN492XhvoE>

**Grades 7 to 11:** 3 Killer “Speed Training Drills” to “Run Faster” – 10 Reps of Each

<https://youtu.be/irXQFyJXWc4>

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** Cross handed- 50 RT, then 50 LF- “cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (Both Hands - one quick cradle each time)

**Grades 7 to 11:** Cross handed- 100 RT, then 100 LF- “cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (Both Hands - one quick cradle each time)

## Wednesday

### Watch-A-Game Wednesday

**Boys:** 1998 National Championship Johns Hopkins vs Syracuse

[https://youtu.be/8C8IP\\_1qNJM](https://youtu.be/8C8IP_1qNJM)

**Girls:** Stony Brook vs USC 2018

<https://youtu.be/nQiZ6Ct6gul>

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** Quick Stick Switch in Air - Change hands while ball is in air - 50 reps (No cradle)

**Grades 7 to 11:** Quick Stick Switch in Air - Change hands while ball is in air - 100 reps (No cradle)

## Thursday

### Teammate Challenge

Text a teammate and Challenge them to the “SNYPR” Challenge

### “SNYPR” Challenge

**Grades 1 to 6:** Behind the back - 50 right, 50 left (Both hands – keep the head of the stick up behind your head)

**Grades 7 to 11:** Behind the back - 100 right, 100 left (Both hands – keep the head of the stick up behind your head)

## Fun Friday

Get Your Creativity Going

Tagging us on your video:

**H.O.R.S.E.** with a Friend. Just like basketball.

Facebook, Twitter, and Instagram

## Saturday

**Seminar Saturday**

**This weeks Podcast:**

**Boys:** Lyle Thompson – Overtime with Paul Carcaterra

<https://youtu.be/iD1lga-gUKQ>

**Girls:** Amy Lazore

<https://www.insidelacrosse.com/article/8-2-shooting-space-amy-lazore/55226>

**Speed Training “Replay”**

**Grades 1 to 6:** (Jump Rope for Beginners)

<https://youtu.be/wVyYGSfjv6U>

**Grades 7 to 11:** (Jump Rope Workout)

<https://youtu.be/1BZM2Vre5oc>

## Sunday

**Take a Break Day**

**R** – Repair

**E** – Eat Healthy

**S** – Sleep

**T** – Take Some Time Off