

# Week 4

## Monday May 4<sup>th</sup>

### Motivational Monday

“For Everyone”: Mamba Mentality – Kobe Bryant

<https://youtu.be/4gi9y3sTrXE>

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** 50 RIGHTY ONE Hand CRADLE & 50 LEFTY ONE Hand CRADLE

**Grades 7 to 11:** 100 RIGHTY ONE Hand CRADLE & 100 LEFTY ONE Hand CRADLE

## Tuesday

### Speed Training Tuesday

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

<https://youtu.be/wVyYGSfjv6U>

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

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

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** 125 Throw Right– Switch Hands (and feet) While Ball is in the Air – Catch Left – Throw Left ...

**Grades 7 to 11:** 225 Throw Right– Switch Hands (and feet) While Ball is in the Air – Catch Left – Throw Left ...

## Wednesday

### Teammate Challenge

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

### “SNYPR” Challenge

**Grades 1 to 6:** Behind the back - 75 right, 75 left (Both hands – keep the head of the stick up behind your head)

**Grades 7 to 11:** Behind the back - 125 right, 125 left (Both hands – keep the head of the stick up behind your head)

## Thursday

### Watch-A-Game Wednesday (On Thursday – DVR these on your TV)

**Boys:** 2017 NCAA National Championship – Maryland vs Ohio State

(Empire’s 2025 Coach Tim Rotanz was the game’s leading scorer)

8:00am (Morning) On the BIG TEN Network

**Girls:** 2018 Big Ten Championship: Maryland vs Penn State

6:00am (Morning) On the BIG TEN Network

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** Quick Stick Switch in Air - Change hands while ball is in air - 75 reps (No cradle)

**Grades 7 to 11:** Quick Stick Switch in Air - Change hands while ball is in air - 125 reps (No cradle)

## Fun Friday

Get Your Creativity Going

Tagging us on your video:

FaceTime with a friend and play **H.O.R.S.E.** shooting trick shots. Just like basketball.

Facebook, Twitter, and Instagram

# Saturday

## Seminar Saturday

### This weeks Podcast:

**Boys:** Bill Belichick – Overtime with Paul Carcaterra

[https://youtu.be/YAJn9rz\\_ZNo](https://youtu.be/YAJn9rz_ZNo)

**Girls:** Shelley Klaes-Bawcombe, head coach of the reigning national champion James Madison

<https://www.stitcher.com/podcast/inside-lacrosse-podcasts/e/55431410?autoplay=true>

### “SNYPR” WALL BALL Challenge

**Grades 1 to 6:** 40 RIGHTY ONE Hand CRADLE & 40 LEFTY ONE Hand CRADLE

**Grades 7 to 11:** 100 RIGHTY ONE Hand CRADLE & 100 LEFTY ONE Hand CRADLE

# Sunday

## Take a Break Day

**R** – Repair

**E** – Eat Healthy

**S** – Sleep

**T** – Take Some Time Off