**Week 8**

**Monday June 1st**

**Motivational Monday**

**“For Everyone”:**

# The 3 Rules to a Less Complicated Life | Lou Holtz

<https://youtu.be/8YFTJuJkrts>

# MOTIVATION FOR WOMEN’S SUCCESS – INSPIRATIONAL VIDEO

<https://youtu.be/MQOG0kzHLVA>

**“SNYPR” WALL BALL Challenge**

**Grades 1 to 6:** Back Hand Passing (2 Hands & 1 Hand) - 50 RT, 50 LF (Both hands - one quick cradle)

**Grades 7 to 11:** Back Hand Passing (2 Hands & 1 Hand) - 125 RT, 125 LF (Both hands - one quick cradle)

**Tuesday**

**Speed Training Tuesday**

# All Grades: HOW TO: Jump Rope Like a Pro! Beginner Tutorial

<https://youtu.be/0CeGsg-1NaA>

**“SNYPR” WALL BALL Challenge**

**Grades 1 to 6:** Catch, Fake, and Throw- 100 RT, 100 LF (Both hands - one quick cradle)

**Grades 7 to 11:** Catch, Fake, and Throw- 200 RT, 200 LF (Both hands - one quick cradle)

**Wednesday**

**Watch-A-Game Wednesday**

# Boys: #5 Yale vs. #3 Virginia (Championship) | NCAA Men's Lacrosse Championship 2019

<https://youtu.be/9DxZXSPM2fI>

# Girls: U.S. Women's National Team vs. UNC

<https://youtu.be/xgwjaJr3wVY>

**“SNYPR” Challenge**

**Grades 1 to 6:** One handed catch and cradle –100 RT, then 100 LF (one quick cradle)

**Grades 7 to 11:** One handed catch and cradle – 200 RT, then 200 LF (one quick cradle)

**Thursday**

**Teammate Challenge**

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

**“SNYPR” WALL BALL Challenge**

**Grades 1 to 6:** Back Hand Passing (2 Hands & 1 Hand) - 75 RT, 75 LF (Both hands - one quick cradle)

**Grades 7 to 11:** Back Hand Passing (2 Hands & 1 Hand) - 125 RT, 125 LF (Both hands - one quick cradle)

**Fun Friday**

Get Your Creativity Going

Tagging us on your video:

Trick ball joggling with your stick (How many seconds / minutes can you keep the ball off the ground).

Facebook, Twitter, and Instagram

**Saturday**

**Seminar Saturday**

**This weeks Podcast:**

# Boys: The Difference Between Superstars and Everyone Else

<https://youtu.be/QgPjaOB6nDI>

# Girls: Shooting Space Podcast: Sara Moeller

# <https://www.insidelacrosse.com/article/shooting-space-podcast-sara-moeller/56451>

**“SNYPR” WALL BALL Challenge**

**Grades 1 to 6:** Quick Stick – 100 Right then 100 Left (No Cradle – Switch Feet)

**Grades 7 to 11:** Quick Stick – 200 Right then 200 Left (No Cradle – Switch Feet)

**Sunday**

**Take a Break Day**

**R** – Repair

**E** – Eat Healthy

**S** – Sleep

**T** – Take Some Time Off