

# THE 4-WEEK ADVANTAGE

A FOUR WEEK LACROSSE TRAINING PROGRAM TO ENHANCE YOUR  
ATHLETIC PERFORMANCE

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## **A LETTER TO THE LACROSSE COMMUNITY**

Dear Athletes, Parents, and Coaches,

It is critically important for public health to adhere to social and physical distancing as we work together to combat COVID-19. This global pandemic has presented unique challenges for many of us. The world as we know it has slowed down and we are living in a temporary new reality. For athletes, it means no more games and tournaments. No practices. No training at the gym. The games will be back and they will be needed more than ever. This message from Findley Wilson, CLA First Nations Director, is incredibly accurate at this moment in time.

“...Remember, this is not just a sport and a game - it is a medicine. The wooden stick are made from one of the strongest things on mother earth. Grab a stick, play with it for a bit, let it help you clear your mind of all the worries and stress. It may not cure but it will give your mind relief for a period of time. This is the power of lacrosse.”

Right now spending time apart is the biggest act of togetherness we may ever be part of. It will save lives and give all of the brave and dedicated front line health workers and first responders an opportunity to safely and successfully do their job. By staying at home you are being the best teammate.

As a thank you for being a responsible teammate, I am giving you the gift of training. A customized performance program for lacrosse athletes that you can do on your own. In turn, please share this with your teammates, friends, and coaches. The program requires little equipment and can be scaleable for all levels and abilities. If you need help or have any questions, reach out to me. Keep in mind this is a program, not a one and done session. This is 4 weeks of training to prepare you for your return to the game. It will take commitment and dedication to complete the program so that when you do, you will be able to give as much to the game as it gives to you.

I would love to see your progress through this training program, so let me know how it is going by sharing with me and the broader lacrosse community by posting and tagging #the4weekadvantage on social media.

Train hard and have fun,

Josh Neumann

## **WHO I AM - COACH NEUMANN**



I have been involved in athletics and fitness my entire life. It started on an outdoor skating rink and ski hill in Edmonton, Alberta in the early 80s. When I moved to the Lower Mainland of British Columbia in grade 7, I fell in love with lacrosse, rugby, and skateboarding. My passion for sports and competing with myself and others brought me to UBC, where I received a degree in Human Kinetics in 2006. Highlights of my coaching career include coaching Team BC U19 to a National Championship in 2008, being the first Head Coach of the Delta Lacrosse academy, and being the Director of Coaching at Essentials of Athletics.

I've coached lacrosse players at the Minor level all the way through Senior to Professional. I have been involved in numerous aspects of performance development of a lacrosse athlete. I have worked as a head and assistant

coach, a skills coach, and a strength and conditioning coach. I am fortunate to combine my love for coaching, performance, and motor learning into an incredible career.

If we haven't met and this program has somehow found its way into your hands, thank you for your initiative in taking your athletic pursuits to the next level. For those of you that I have met, thank you for your support and I hope you put your full effort into committing to this program.

## **WHERE WE ARE - A UNIQUE OPPORTUNITY**

It is very rare for a lacrosse athlete to have this much time away from the rigors of playing lacrosse. This moment in time when we are socially and physically distanced from others, you will be free from high speed collisions, crosschecks, slashes, and the impact of hard running and cutting. A unique opportunity presents itself to you. 4 weeks of uninterrupted training. Training that can't be interrupted by practices, games, or social gatherings.

Take '**THE 4-WEEK ADVANTAGE**' and make the most out of it.

## **PROGRAM DISCLAIMER**

This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. Programs and guidelines, outlined herein should not be adopted without consultation with your medical doctor. Use of this program is the sole choice and risk of the reader. The author of this program is neither responsible, nor liable for any harm or injury resulting from this manual or the use of the modalities described herein.

## **WHY THIS IS IMPORTANT - YOUR PHD IN LACROSSE**

Practicing and playing lacrosse is the single most important thing in becoming a successful lacrosse athlete. As the Rugby Strength Coach, Keir Wenham-Flatt, says you first and foremost need to be a PHD in your sport before anything else. At this moment in time it is not possible to practice and play with your teammates, but that doesn't mean you can't continue to develop your lacrosse skills while you develop your athletic qualities.

Lacrosse performance is built on technical (games specific) abilities such as passing and shooting and athletic abilities such as strength, agility, and power. **THE 4-WEEK ADVANTAGE** program encourages continual practice of your technical abilities, while improving your athletic abilities.

### **1. TECHNICAL ABILITIES**

Lacrosse athletes, both Box and Field, need to be able to do the following:

- Pass and Catch
- Shoot
- Check with both body and stick
- Pick up a ground ball
- Win a positional battle
- Brace for high impact collisions
- Brace for repeated body contacts and stick checks
- Sprint repeatedly for short distances, 5 to 20m
- Occasionally sprint for longer distances (30meters or more - more common in field lacrosse)
- Pursue loose balls and opponents
- Evade opponents

### **2. ATHLETICS ABILITIES**

- **Strength** - an athlete's ability to exert and absorb force.
  - If you have never done strength training or have done very little strength training, you can successfully get stronger with a bodyweight training program of pushups, squats, and lunges in 4 weeks.
  - If you have put in time in the weight room, than external loads (barbells, kettlebells, and dumbbells) are necessary to improve strength. If this is you, congratulations! Your hard work has paid off. It takes a long time for strength to decrease, you may lose size but strength will either be maintained or drop off slightly.
- **Power** - an athlete's ability to exert force over a period of time.
  - Power is a function of producing force in a short period of time. Jumping is a great way to train lower body power without equipment. If you have a medicine ball (preferably 4-8lbs), you can use it to develop upper body power by doing throws. In a pinch such as the situation we are in right now, using a basketball, soccer ball, or volleyball to throw against a brick wall is an adequate substitute.
- **Speed** - an athlete's ability to travel from point A to point B as fast as possible.

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- Not all training sessions will feel the same. A speed session of sprints is not a conditioning session. Likewise, a conditioning session is not a speed session.
- Please respect the rest breaks, this is how you get faster.
- **Agility** - an athlete's ability to respond to a stimulus and change direction, pace and body position to achieve the desired result.
  - Agility is sport and even, position specific. An offensive player is trying to change direction and body position to not get hit by a defender and a defender is trying to do the opposite change direction and body position to get in the way of an offensive player. In the most simplistic of terms for lacrosse (and all invasive team sports) agility is pursuit and evasion.
- **Conditioning** - an athlete's ability to repeat an effort over and over again for a long period of time.
  - Having a good base of conditioning allows you to recover quicker between intense efforts. This means you will be able to perform a higher quality and quantity of repetitions during lacrosse practice situations. It also means you will be able to perform at a higher level nearing the end of competitions and tournaments.

### WHAT YOU WILL NEED - ENVIRONMENT + EQUIPMENT

When taking part in this training program please adhere to social and physical distancing protocols and maintain 1-2m of space between you and others. If you are sick, please stay at home. Most importantly please wash your hands thoroughly and avoid touching your face.

For the running sessions in this program, please find a field/lacrosse box/tennis court or open space with very few people, if any, using it. This may mean using spaces early in the morning or later in the evening. Choose appropriate footwear for the surfaces you are running on. Cleats are necessary for the change of direction training program if you are using a field.

For the jumps and throws sessions, please find a space with a firm surface free of debris and a brick wall. Again this space should be free of other people. If you do not have a medicine ball weighing between 4-8lbs, a basketball, soccer ball, or volleyball will work.

## THE 4-WEEK ADVANTAGE

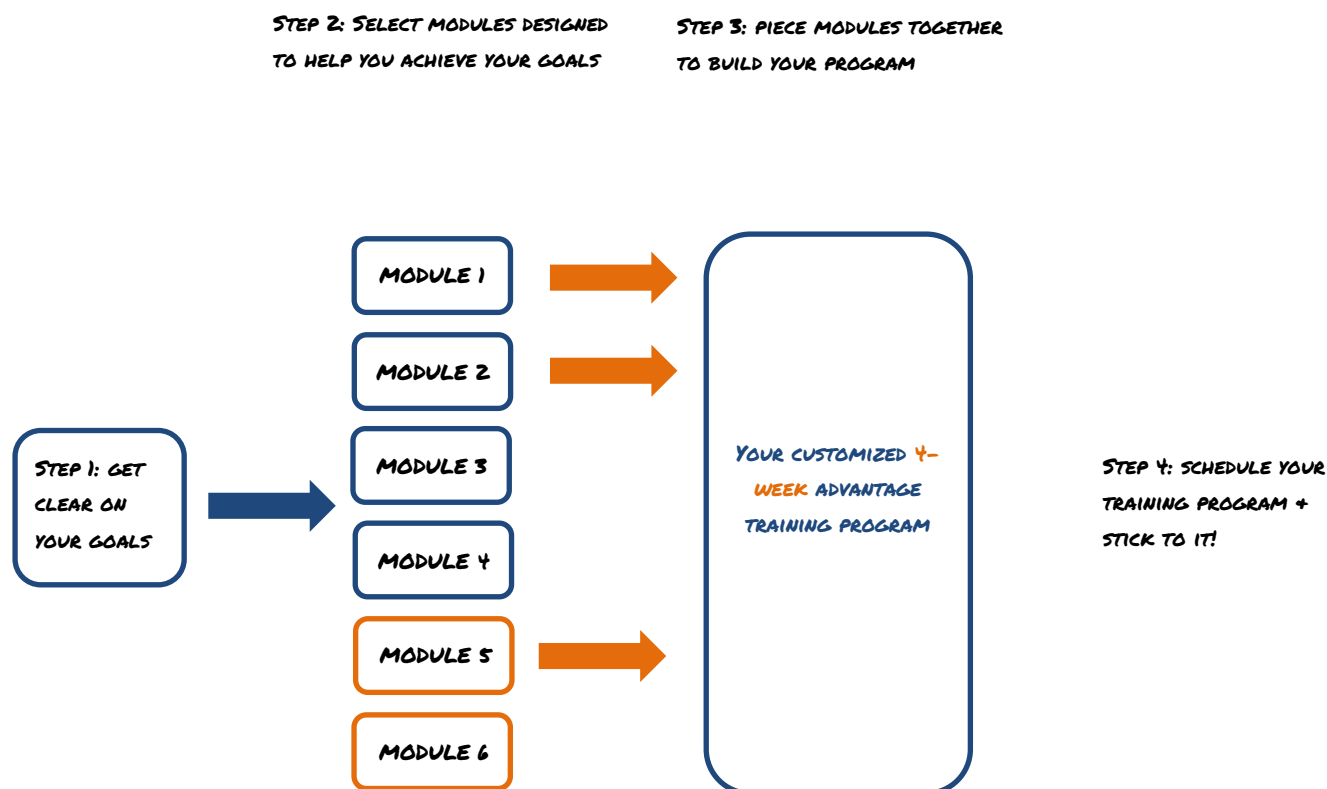
### HOW THIS WORKS - THE FORMULA

THE 4-WEEK ADVANTAGE program is built on fundamental technical lacrosse abilities and core athletic abilities that are key to every athlete's success. It allows you to build a customized program by selecting from modules that work on either speed, agility, and conditioning OR power, strength, and mobility to allow you to achieve your athletic goals and boost your game.

[TECHNICAL SKILL] + [SPEED, AGILITY, CONDITIONING MODULES] + [POWER, STRENGTH, MOBILITY MODULES]

### HOW THIS WORKS - THE PROCESS

Building out your own 4-WEEK ADVANTAGE program is as easy as 4 simple steps.



## **BUILDING YOUR PROGRAM - GETTING SET UP**

### **STEP 1 - GET CLEAR ON YOUR GOALS**

Take a few minutes to think about what your goals for improving your game are.

You may want to consider questions like:

- Do I need to be faster?
- Do I need to cover short distances faster?
- Can I beat my defender one on one? Can I keep my check in front of me?
- Do I have enough gas in the tank to still run hard at the end of a period? At the end of a game? At the end of a tournament?

### **STEP 2 - SELECT MODULES DESIGNED TO HELP YOU ACHIEVE YOUR GOALS**

Now that you are clear on your goals for the game, let's connect those goals with specific modules that are built around either speed, agility, and conditioning OR power, strength, and mobility.

Each of the statements below is associated with a specific module that you will plug into your **4-WEEK ADVANTAGE** program in the next step.

Select 2 statements from the list below that best reflect your goals for the next 4 weeks:

- **I want to get to the ball first/I want to run past my opponents.**
  - Select module 1
- **I want to beat my check 1-on-1/I want to stay with my check 1-on-1.**
  - Select module 3.
- **I want to improve my overall conditioning.**
  - Select module 4.
- **I want to finish the game strong/I want my last shift to be as fast as my first shift.**
  - Select module 2.

The modules that are associated with the statements that you have selected will complete the speed, agility, and conditioning portion of your **4-WEEK ADVANTAGE** program.



## THE 4-WEEK ADVANTAGE

Select 1 statement from the list below that best reflect your goals for the next 4 weeks:

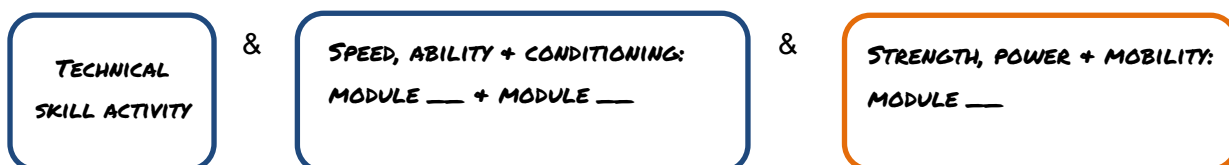
- **I want a harder shot with a quicker release.**
  - Select module 6.
- **I want to minimize my risk of injury.**
  - Select module 5.
- **I want to finish all of my checks.**
  - Select module 6.
- **I don't want to get knocked out of position.**
  - Select module 5.

The module that you have selected will complete the strength, power, and mobility portion of your 4-WEEK ADVANTAGE program.

### STEP 3: PIECE MODULES TOGETHER TO BUILD YOUR PROGRAM

Using the modules that you have selected in step 2, you can build your 4-WEEK ADVANTAGE program.

My 4-WEEK ADVANTAGE training program:



The number relates to a specific module of activity that has been designed to focus on different things – here is a quick overview of each of the modules (outlined in detail starting on page 11).

Speed, agility, and conditioning modules:

- Module 1: Sprint Practice - SPEED
- Module 2: 10x10m Acceleration - REPEAT SPRINT ABILITY - CONDITIONING
- Module 3: Change of Direction (Deceleration + Acceleration) - AGILITY
- Module 4: General Conditioning – CONDITIONING

Strength, power, and mobility modules:

- Module 5: Bodyweight Strength and Mobility
- Module 6: Power – JUMPS & THROWS

## THE 4-WEEK ADVANTAGE

### STEP 4: SCHEDULE YOUR TRAINING PROGRAM + STICK TO IT!

Results are best if you stick to it. This isn't a one and done workout where you build up a sweat doing a bunch of random exercises. This is a program that you follow and when you finish you will be better at the quality you chose to improve.

Planning your weekly sessions.

- Start and finish your week with the module you deem to be the most important from the speed, agility, and conditioning module choices.
- Schedule your other module from the speed, agility and conditioning module choices during the middle of the week.
- Schedule 1 to 2 sessions from the module you selected in the strength, power, and mobility section.
- Sunday is a mandatory rest day and either Wednesday or Thursday will be your other rest day. On rest days you can still play wall ball and it is recommended to go for a walk and do some foam rolling and stretching.

### EXAMPLES OF WEEKLY PROGRAMS

**FOR:** Lacrosse athlete with no strength training experience looking to improve speed and conditioning.

| Monday                                 | Tuesday  | Wednesday                                   | Thursday | Friday   | Saturday                               | Sunday   |
|--|--|---|----------|--|--|----------|
| <b>Module 1:</b><br>Sprint<br>Practice | <b>Module 5:</b><br>Bodyweight<br>strength +<br>mobility | <b>Module 4:</b><br>General<br>Conditioning | Rest day | <b>Module 1:</b><br>Bodyweight<br>strength<br>+ mobility | <b>Module 1:</b><br>Sprint<br>Practice | Rest Day |

**FOR:** Lacrosse athlete with strength training experience who wants to improve agility, repeat sprint ability/conditioning and power.

| Monday  | Tuesday                   | Wednesday | Thursday                   | Friday                    | Saturday  | Sunday   |
|---|---------------------------|-----------|----------------------------|---------------------------|---|----------|
| <b>Module 3:</b><br>Change of<br>Direction<br>session | <b>Module 6:</b><br>Power | Rest Day  | <b>Module 2:</b><br>10x10s | <b>Module 6:</b><br>Power | <b>Module 3:</b><br>Change of<br>Direction<br>session | Rest Day |

You've got your weekly plan for the next 4 weeks. Now you have to stick to it. There are two great ways to track your progress. Keep a journal of your training sessions. In that journal you can write down what you accomplished, what you enjoyed about the session and what challenged you. This will also help you prepare future training programs. Secondly sharing what you are getting to up to with a teammate or family member or friend. This can be done in conversation, in person or on the phone, or in written form via text message or email. These strategies will keep you accountable to yourself and the ones you care about.

## **BUILDING YOUR PROGRAM - GETTING STARTED**

### **TECHNICAL SKILL ACTIVITY**

To ensure that you are continuing to practice your game-specific lacrosse skills - make sure you are finding a way to keep your stick in your hands on a daily basis. A critical element of the 4-WEEK ADVANTAGE program is incorporating some technical skill activities for each session.

If you are fortunate enough to have a person to play catch with in your safe social circle (a family member or friend who lives in your house) then playing catch daily is a must. If not, you have two options: shadow cradling and wall ball. Shadow cradling is the same idea as shadow boxing, put a ball in your stick and start working on your ball handling skills against an imaginary opponent. Of course you know what wall ball is, try the structured routine below or create your own.

### **WALL BALL EVERY SINGLE DAY**

Find a spot where no one else is around and throw the ball against the wall for at least 20mins. If you are looking for structure try this routine out:

- 40 Right hand overhand passes
- 40 Left hand overhand passes
- 40 Right hand  $\frac{3}{4}$  passes
- 40 Left hand  $\frac{3}{4}$  passes
- 40 Right hand sidearm passes
- 40 Left hand sidearm passes
- 40 Right hand quick sticks (get as close to the wall as you need)
- 40 Left hand quick sticks
- 20 Single hand (right hand) halfway up the shaft passes
- 20 Single hand (left hand) halfway up the shaft passes
- 20 Single hand (right hand) at bottom of the shaft passes
- 20 Single hand (left hand) at bottom of the shaft passes
- 40 Total catch and split dodge to pass
- 40 Total catch and face dodge (split them up between strong and off hand as you wish)

# MODULE 1: SPRINT PRACTICE

## IMPROVING ACCELERATION MECHANICS + SPEED

|                        |   |
|------------------------|---|
| Warmup<br><br>(20mins) | <p>Dynamic Warmup over 10m (unless otherwise noted)</p> <ul style="list-style-type: none"><li>• 4x - Forward and Backward Runs</li><li>• 2x - Lateral Shuffle</li><li>• 2x - Carioca</li><li>• 2x - Crossovers</li><li>• Hip swings, walking lunges, knee hugs and toe touches</li></ul> <p>Perform these sprint drills one direction and walk back the other</p> <ul style="list-style-type: none"><li>• 2x5m - Marches</li><li>• 2x5m - Skips</li><li>• 1x5m - 2 Foot Pogo Jumps</li><li>• 2x10m - Medium A-run</li><li>• 2x10m - High A-run</li><li>• 2x - 2 Foot Pogo Jumps (5m) into High A-run (10m)</li><li>• 3x - High A-Runs (5m) into 90% sprints (10m)</li><li>• 3x - Flying Start - Run (5m) into 90% sprint (10m)</li><li>• 3x - Falling Start into 90% sprint (10m)</li></ul> |
|------------------------|---|

## THE 4-WEEK ADVANTAGE

|   |  |
|---|--|
| <p>Sprint Practice</p> <p>(30-60mins)</p> | <p>Week 1</p> <ul style="list-style-type: none"><li>• 2 sets of 4x20m Sprints</li><li>• Rest 3-4minutes between sets</li><li>• Rest 2minutes between each rep</li><li>• While resting be completely relaxed, shake arms and legs loose, take deep breaths</li></ul> <p>Week 2</p> <ul style="list-style-type: none"><li>• 2 sets of 5x20m Sprints</li><li>• Rest 3-4minutes between sets</li><li>• Rest 2minutes between each rep</li><li>• While resting be completely relaxed, shake arms and legs loose, take deep breaths</li></ul> <p>Week 3</p> <ul style="list-style-type: none"><li>• 4x20m Sprints - rest 2minutes between each rep</li><li>• Rest 3-4minutes between the two distances</li><li>• 4x30m sprints - rest 3minutes between each rep</li><li>• While resting be completely relaxed, shake arms and legs loose, take deep breaths</li></ul> <p>Week 4</p> <ul style="list-style-type: none"><li>• 4x20m Sprints - rest 2minutes between each rep</li><li>• Rest 3-4minutes</li><li>• 2 sets of 3x30m sprints - rest 3minutes between each rep and rest 4-5minutes between sets</li><li>• While resting be completely relaxed, shake arms and legs loose, take deep breaths</li></ul> |
|---|--|

## THE 4-WEEK ADVANTAGE

Notes

- Take your time to warm up, you should feel your body temperature and heart rate gradually increase.
- When getting into the sprint warmup drills the goal is to feel “springy” on your feet and feel like you are making quick exchanges with your legs and arms.
- When sprinting make sure you are fully recovered, there should be no fatigue.
- You should feel fresh before you begin, your goal here is to be as fast as possible. Not huffing and puffing and out of breath, that is for another session.

## MODULE 2: 10X10M - REPEAT SPRINT ABILITY

### IMPROVING ACCELERATION MECHANICS + REPEAT SPRINT ABILITY

|                        |  |
|------------------------|--|
| Warmup<br><br>(20mins) | <p>Dynamic Warmup over 10m (unless otherwise noted)</p> <ul style="list-style-type: none"><li>• 4x - Forward and Backward Runs</li><li>• 2x - Lateral Shuffle</li><li>• 2x - Carioca</li><li>• 2x - Crossovers</li><li>• Hip swings, walking lunges, knee hugs and toe touches</li></ul> <p>Perform these sprint drills one direction and walk back the other</p> <ul style="list-style-type: none"><li>• 2x5m - Marches</li><li>• 3x10m - Skips</li><li>• 1x5m - 2 Foot Pogo Jumps</li><li>• 1x5m - 1 Foot Pogo Jumps</li><li>• 2x5m - Medium A-run</li><li>• 2x5m - High A-run</li><li>• 2x - Med A-Run (5m) into High A-Run (5m)</li><li>• 2x - 2 Foot Pogo Jumps (5m) into High A-run (10m)</li><li>• 2x - High A-Runs (5m) into 90% sprints (10m)</li><li>• 2x - Flying Start - Run (5m) into 90% sprint (10m)</li><li>• 4x - Falling Start into 90% sprint (10m)</li></ul> |
|------------------------|--|

## THE 4-WEEK ADVANTAGE

|                               |   |
|-------------------------------|---|
| 10x10 Runs<br><br>(12-30mins) | <p>10x10m Runs</p> <ul style="list-style-type: none"><li>• Set up 5 cones (or markers) at 0, 5, 10, 15 and 20meters</li><li>• Run as fast as you can from 0 to 10, then slow down from 10 to 20m. That is 1 rep. Turn around and do it again. That is 2 reps</li><li>• Run 10 total reps to complete 1 full set</li><li>• Reps should be run at 0, 9, 18, 27, 36, 45, 54, 63, 72, and 81 seconds</li><li>• To complete a full set it should take 90seconds</li><li>• Rest 90seconds after completing a set</li><li>• During your rest be as relaxed as possible, shake your arms and legs loose, like a dog trying to get water off their paws</li><li>• Start with 4 sets and add on one set every training session until you reach 10sets</li></ul> |
| Notes                         | <ul style="list-style-type: none"><li>• Take your time to warm up, you should feel your body temperature and heart rate gradually increase.</li><li>• When getting into the sprint warmup drills the goal is to feel “springy” on your feet and feel like you are making quick exchanges with your legs and arms.</li><li>• When running the 10x10m reps it should take about 6-8 strides to reach 10m depending on height.</li><li>• On the turnarounds reset yourself before each rep, turn around, shake your arms and legs once or twice, then get into your starting position and go.</li></ul>  |



## MODULE 3: CHANGE OF DIRECTION – AGILITY

### IMPROVING DECELERATION TECHNIQUE COUPLED WITH ACCELERATION

|                        |  |
|------------------------|--|
| Warmup<br><br>(25mins) | <p>Dynamic Warmup over 10m (unless otherwise noted)</p> <ul style="list-style-type: none"><li>• 4x - Forward and Backward Runs</li><li>• 2x - Lateral Shuffle</li><li>• 2x - Carioca</li><li>• 2x - Crossovers</li><li>• Hip swings, walking lunges, knee hugs and toe touches</li><li>• Please feel free to add any core bracing and stretching you may need</li></ul> <p>Perform these deceleration drills one direction and walk back the other</p> <ul style="list-style-type: none"><li>• 1x5m ea - Forward + Lateral Marches</li><li>• 1x5m ea - Forward + Lateral Skips</li><li>• 1x5m ea - Forward + Lateral 2 Foot Pogo Jumps</li><li>• 1x5m ea - Forward + Lateral 1 Foot Pogo Jumps</li></ul> <p>Set up cones at 0, 5, 10, 15m intervals perform the following stops:</p> <ul style="list-style-type: none"><li>• 1x - Forward run into 2 Foot Stop</li><li>• 1x ea direction - Forward run into Hockey Stop</li><li>• 1x ea direction - Lateral shuffle into Lateral Stop</li><li>• 1x ea direction - Crossover into Lateral Stop</li><li>• 1x ea direction - Lateral Shuffle (5m) into 90% sprint (10m)</li></ul> |
|------------------------|--|

## THE 4-WEEK ADVANTAGE

|   |   |
|---|---|
|   | <ul style="list-style-type: none"> <li>• 1x ea direction - Crossover (5m) into 90% sprint (10m)</li> <li>• 2x - Falling Start into 90% sprint (10m)</li> </ul>  |
| <p>Change of Direction into Sprint</p> <p>(20-40mins)</p> | <p>Notes on execution of drill:</p> <ul style="list-style-type: none"> <li>• Setup cones at 0, 5, 10, 15m.</li> <li>• Travel to 10m cone perform a stop, travel back to 5m cone perform a stop and then sprint to 15m cone and use as much space as needed to slow down.</li> <li>• That is 1 rep.</li> <li>• Walk back and rest 2mins between reps. While resting relax as much as possible, shake arms and legs loose and take deep breaths.</li> </ul> <p>Week 1</p> <ul style="list-style-type: none"> <li>• 2x - Forward run - 2 foot stop - back pedal - 2 foot stop - sprint</li> <li>• 1x - Forward run - right hockey stop - back pedal - right hockey stop - sprint</li> <li>• 1x - Forward run - left hockey stop - back pedal - left hockey stop - sprint</li> <li>• 1x ea direction - Lateral shuffle - lateral stop - lateral shuffle - lateral stop - forward sprint</li> <li>• 1x ea direction - Crossover - lateral stop - crossover - lateral stop - forward sprint</li> </ul> <p>Week 2</p> <ul style="list-style-type: none"> <li>• 2x - Forward run - 2 foot stop - back pedal - 2 foot stop - sprint</li> <li>• 2x - Forward run - right hockey stop - back pedal - right hockey stop - sprint</li> <li>• 2x - Forward run - left hockey stop - back pedal - left hockey stop - sprint</li> <li>• 1x ea direction - Lateral shuffle - lateral stop - lateral shuffle - lateral stop - forward sprint</li> <li>• 1x ea direction - Crossover - lateral stop - crossover - lateral stop - forward sprint</li> </ul> <p>Week 3</p> |

## THE 4-WEEK ADVANTAGE

|       |   |
|-------|---|
|       | <ul style="list-style-type: none"> <li>• 2x - Forward run - 2 foot stop - back pedal - 2 foot stop - sprint</li> <li>• 2x - Forward run - right hockey stop - back pedal - right hockey stop - sprint</li> <li>• 2x - Forward run - left hockey stop - back pedal - left hockey stop - sprint</li> <li>• 2x ea direction - Lateral shuffle - lateral stop - lateral shuffle - lateral stop - forward sprint</li> <li>• 1x ea direction - Crossover - lateral stop - crossover - lateral stop - forward sprint</li> </ul> <p>Week 4</p> <ul style="list-style-type: none"> <li>• 2x - Forward run - 2 foot stop - back pedal - 2 foot stop - sprint</li> <li>• 2x - Forward run - right hockey stop - back pedal - right hockey stop - sprint</li> <li>• 2x - Forward run - left hockey stop - back pedal - left hockey stop - sprint</li> <li>• 2x ea direction - Lateral shuffle - lateral stop - lateral shuffle - lateral stop - forward sprint</li> <li>• 1x ea direction - Crossover - lateral stop - crossover - lateral stop - forward sprint</li> </ul> |
| Notes | <ul style="list-style-type: none"> <li>• Take your time to warm up, you should feel your body temperature and heart rate gradually increase.</li> <li>• When getting into the deceleration warmup drills the goal is to gradually prepare your feet and calves for more impactful decelerations while still feeling springy.</li> <li>• The goal in the change of direction drill into sprint is to get to a position, come to a complete stop and get out of that position quickly and then do it all over again.</li> <li>• There are two changes of direction and then a sprint, make each change of direction count in every single rep.</li> </ul>   |

## MODULE 4: 4 CORNER CONDITIONING

### IMPROVING CONDITIONING + ENDURANCE

|  |  |
|--|--|
| <p>Warmup</p> <p>(10mins)</p>                  | <p>Dynamic Warmup over 10m (unless otherwise noted)</p> <ul style="list-style-type: none"> <li>• 4x - Forward and Backward Runs</li> <li>• 2x - Lateral Shuffle</li> <li>• 2x - Carioca</li> <li>• 2x - Crossovers</li> <li>• Hip swings, walking lunges, knee hugs and toe touches</li> <li>• Please feel free to add any core bracing and stretching you may need</li> </ul>   |
| <p>General Conditioning</p> <p>(20-42mins)</p> | <ul style="list-style-type: none"> <li>• Each corner of the lacrosse field is a station</li> <li>• Run from corner to corner completing each circuit when you arrive at the corner</li> <li>• Run at pace where you could speak 1-2 full sentences at a time, it should feel like 7/10 effort</li> <li>• Corner 1: 5 Tuck Jumps, 10 Squats, 5 Pushups, 5 Glute Bridges</li> <li>• Corner 2: 5 Forward lunges per leg, 5 Reverse Lunges per leg, 10 UPUPDOWNDOWNs per arm, 5 Side Plank Hip lifts per side</li> <li>• Corner 3: 5 Single Leg Deadlifts per leg, 5 Lateral Lunges per leg, 10 High Plank Shoulder Touches per arm, 5 Hollow Body Holds (5secs each)</li> <li>• Corner 4: Water Station. Take a drink, rest 30-60secs.</li> </ul> <p>You have two options to progress this program.</p> <ul style="list-style-type: none"> <li>• Option 1 - Start by completing 3 laps and each week add one more lap until you have reached 6 laps.</li> </ul> |

## THE 4-WEEK ADVANTAGE

|       |  |
|-------|--|
|       | <ul style="list-style-type: none"><li>• Option 2 - Go as far as you can in 24mins and each week add 6mins.</li></ul>   |
| Notes | <ul style="list-style-type: none"><li>• Take your time to warm up, you should feel your body temperature and heart rate gradually increase.</li><li>• When you arrive at a corner take a few moments to gather yourself and then perform the exercises required at the station.</li><li>• If you feel like your reps are getting sloppy either slow down the movements or cut down on the number of reps.</li><li>• Before running to the next station take one deep breath in and out and then get going.</li><li>• Be sure to have a timer with you. Record lap times and attempt to keep them consistent from beginning to end.</li></ul> |

## MODULE 5: BODYWEIGHT STRENGTH + MOBILITY

### IMPROVING OR MAINTAIN STRENGTH + MOBILITY

Goal: For beginners this will build strength and prepare the body to handle the rigours of lifting weights. For those who have been strength training this will allow you to maintain or slow decline in strength while helping to improve mobility. Please read notes at the bottom of the table to get the best use of this program.

|                                   | Round 1                                 | Round 2   | Round 3   | Round 4   | Round 5   |
|-----------------------------------|---|---|---|---|---|
| Pike Arch<br>(Full Body Mobility) | 60secs - Basic Pike Arch                | 60secs - Downdog Toe Touches                              | 60secs - Updog Shoulder Checks                          | 60secs - Shoot Throughs                                 | 60secs - Step to World's Greatest   |
| Upper Mobility                    | 3-5reps - Quadruped Segmented Camel/Cat | 3 reps each structure + direction - Scapula/Shoulder CARs | 15 reps each direction - Forward Large Shoulder circles | 15 reps each direction - Lateral Large Shoulder Circles | 15 reps each position + direction - Abducted + Overhead mini shoulder circles |

## *THE 4-WEEK ADVANTAGE*

|                |  |  |  |  |   |
|----------------|--|--|--|--|---|
| Lower Mobility | 2-3 reps for 15secs - Prying Bodyweight Squat  | 2-3 reps per leg - Quadruped HIP CARs                            | 20secs per leg - Standing Hip Flexion Hold   | 20secs each leg + position - Standing Hip flexion internal rotation hold + external rotation | 15 reps each direction - Standing Ankle Circles                           |
| Core           | 5 reps for 10secs each - RKC Plank             | 5 reps for 10secs each - Glute Bridge                            | 3 reps per side, 10secs each - Side Plank  | 3 reps per side, hold 5 secs each - Quadruped Bird Dog                                       | 5 reps for 10secs each - Hollow Body Holds                                |
| Upper Strength | 10 touches per arm - High Plank Shoulder Touch | 5-10reps - Eccentric (5sec lower) + Isometric (5sec Hold) Pushup | 3x5secs per arm - Standing Isometric Doorway Pull<br><br>Find something sturdy and pull on it as hard as you can | 5reps for 5secs - Pushup position walkout and hold   | 1x - Pushups (as many reps as you can do stopping 1 rep short of failure) |

## THE 4-WEEK ADVANTAGE

|                |  |   |   |   |  |
|----------------|--|---|---|---|--|
| Lower Strength | 5reps - Eccentric (5sec lower) + Isometric (5secs hold) squat  | 5reps per leg - Eccentric (5sec lower) + Isometric (5secs hold) split squat | 5reps per leg - Eccentric (5sec lower) + Isometric (5secs hold) lateral squat | 5reps per leg - Eccentric (5sec lower) + Isometric (5secs hold) single leg deadlift | 10reps - Squats<br><br>5 reps per leg - Split Squats<br><br>5 reps per leg - Lateral Squat<br><br>Si5 reps per leg - Single Leg Deadlift |
| Notes          | <ul style="list-style-type: none"> <li>• The above table can be used both vertically and horizontally</li> <li>• If using the table vertically you can start at the top with a pike arch and work your way to the bottom with a lower body strength exercise. You can choose one vertical column and repeat it 2-4x or you can select 2-3 columns and do each one 1-3x or you can do all columns 1-3x.</li> <li>• If using the table horizontally you can select the area that you most need to work on and work left to right along that row for 2-4x. Or pick 1-4 rows and complete each row 1-3x.</li> <li>• If you have external load (dumbbell, kettlebell, medicine balls, etc) you can add that where appropriate.</li> </ul> |   |   |   |  |



## MODULE 6: POWER - JUMPS + THROWS

### IMPROVING POWER

|                          | Week 1   | Week 2   | Week 3   | Week 4   |
|--------------------------|--|--|--|--|
| Basic Warmup (10mins)    | Standard Dynamic warmup - Fwd run, Bwd run, lateral shuffles, carioca crossovers, crossovers, multi directional lunges, squats knee hugs, airplanes, etc   | Standard Dynamic warmup - Fwd run, Bwd run, lateral shuffles, carioca crossovers, crossovers, multi directional lunges, squats knee hugs, airplanes, etc   | Standard Dynamic warmup - Fwd run, Bwd run, lateral shuffles, carioca crossovers, crossovers, multi directional lunges, squats knee hugs, airplanes, etc   | Standard Dynamic warmup - Fwd run, Bwd run, lateral shuffles, carioca crossovers, crossovers, multi directional lunges, squats knee hugs, airplanes, etc   |
| Specific Warmup (10mins) | <ul style="list-style-type: none"> <li>• 1x20 - Calf Raises</li> <li>• 3x20secs - High Tension plank</li> <li>• 1x15 ea direction - 2 Foot Pogo Jumps moving forward, moving backward, moving sideways and moving in a zig zag</li> <li>• 1x10 ea side - Half Kneel lo to hi chop with ball</li> </ul> | <ul style="list-style-type: none"> <li>• 1x20 - Calf Raises</li> <li>• 3x20secs - High Tension plank</li> <li>• 1x15 ea direction - 2 Foot Pogo Jumps moving forward, moving backward, moving sideways and moving in a zig zag</li> <li>• 1x10 ea side - Half Kneel lo to hi chop with ball</li> </ul> | <ul style="list-style-type: none"> <li>• 1x20 - Calf Raises</li> <li>• 3x20secs - High Tension plank</li> <li>• 1x15 ea direction - 2 Foot Pogo Jumps moving forward, moving backward, moving sideways and moving in a zig zag</li> <li>• 1x10 ea side - Half Kneel lo to hi chop with ball</li> </ul> | <ul style="list-style-type: none"> <li>• 1x20 - Calf Raises</li> <li>• 3x20secs - High Tension plank</li> <li>• 1x15 ea direction - 2 Foot Pogo Jumps moving forward, moving backward, moving sideways and moving in a zig zag</li> <li>• 1x10 ea side - Half Kneel lo to hi chop with ball</li> </ul> |

## THE 4-WEEK ADVANTAGE

|                        |   |   |  |  |
|------------------------|---|---|--|--|
|                        | <ul style="list-style-type: none"> <li>• 1x10 - Quick Drop squats</li> </ul>  | <ul style="list-style-type: none"> <li>• 1x10 - Quick Drop squats</li> </ul>  | <ul style="list-style-type: none"> <li>• 1x10 - Quick Drop squats</li> </ul>   | <ul style="list-style-type: none"> <li>• 1x10 - Quick Drop squats</li> </ul>   |
| Jumps<br>(15-25 mins)  | <ul style="list-style-type: none"> <li>• 2x5 - Squat Jump (rest 90secs between sets)</li> <li>• 2x5 - Broad Jump (rest 90secs between sets)</li> <li>• 2x5 per leg - Lateral Bound with a stick (rest 90secs between sets)</li> </ul> | <ul style="list-style-type: none"> <li>• 2x5 - Squat Jump (rest 90secs between sets)</li> <li>• 2x5 - Broad Jump (rest 90secs between sets)</li> <li>• 2x5 per leg - Lateral Bound with a stick (rest 90secs between sets)</li> </ul> | <ul style="list-style-type: none"> <li>• 3x3 - Counter movement Jump (rest 2mins between sets)</li> <li>• 3x3 - Continuous Broad Jumps (rest 2mins between sets)</li> <li>• 3x5 per leg - Lateral Bounds quick side to side (rest 2mins between sets)</li> </ul> | <ul style="list-style-type: none"> <li>• 3x3 - Counter movement Jump (rest 2mins between sets)</li> <li>• 3x3 - Continuous Broad Jumps (rest 2mins between sets)</li> <li>• 3x5 per leg - Lateral Bounds quick side to side (rest 2mins between sets)</li> </ul> |
| Throws<br>(10-20 mins) | <ul style="list-style-type: none"> <li>• All throws catch and reset position</li> <li>• 1x10 per side - Half Kneel Chest Throws (rest 90secs)</li> <li>• 1x10 per side - Half Kneel Fwd facing</li> </ul>                             | <ul style="list-style-type: none"> <li>• All throws are rapid fire, catch and throw back right away, if you lose your position rest and get back at it.</li> <li>• 1x10 per side - Half Kneel Chest Throws (rest 90secs)</li> </ul>   | <ul style="list-style-type: none"> <li>• All throws catch and reset position</li> <li>• All throws now involve hip integration.. USE YOUR LEGS!</li> <li>• 1x8 per side - Half Kneel Chest Throws</li> </ul>   | <ul style="list-style-type: none"> <li>• All throws are rapid fire, catch and throw back right away, if you lose your position rest and get back at it.</li> <li>• All throws now involve hip integration.. USE YOUR LEGS!</li> </ul>                            |

## THE 4-WEEK ADVANTAGE

|  |   |   |   |  |
|--|---|---|---|--|
|  | <p>rotary hip throw (rest 90secs)</p> <ul style="list-style-type: none"> <li>• 1x10 per side - Half Kneel single arm push throw (rest 90secs)</li> <li>• 1x10 per side - Standing Split Stance Chest Throws (rest 90secs)</li> <li>• 1x10 per side - Standing Split Stance Fwd facing rotary hip throw (rest 90secs)</li> <li>• 1x10 per side - Split Stance single arm push throw (rest 90secs)</li> </ul> | <ul style="list-style-type: none"> <li>• 1x10 per side - Half Kneel Fwd facing rotary hip throw (rest 90secs)</li> <li>• 1x10 per side - Half Kneel single arm push throw (rest 90secs)</li> <li>• 1x10 per side - Standing Split Stance Chest Throws (rest 90secs)</li> <li>• 1x10 per side - Standing Split Stance Fwd facing rotary hip throw (rest 90secs)</li> <li>• 1x10 per side - Split Stance single arm push throw (rest 90secs)</li> </ul> | <p>with hip loading (rest 90secs)</p> <ul style="list-style-type: none"> <li>• 1x8 per side - Half Kneel Fwd facing rotary hip throw with hip loading (rest 90secs)</li> <li>• 1x8 per side - Half Kneel single arm push throw with hip loading (rest 90secs)</li> <li>• 1x8 per side - Standing Split Stance Chest Throws with hip loading (rest 90secs)</li> <li>• 1x8 per side - Standing Split Stance Fwd facing rotary hip throw with hip loading (rest 90secs)</li> <li>• 1x8 per side - Split Stance single arm push throw with hip loading (rest 90secs)</li> </ul> | <ul style="list-style-type: none"> <li>• 1x8 per side - Half Kneel Chest Throws with hip loading (rest 2mins)</li> <li>• 1x8 per side - Half Kneel Fwd facing rotary hip throw with hip loading (rest 2mins)</li> <li>• 1x8 per side - Half Kneel single arm push throw with hip loading (rest 2mins)</li> <li>• 1x8 per side - Standing Split Stance Chest Throws with hip loading (rest 2mins)</li> <li>• 1x8 per side - Standing Split Stance Fwd facing rotary hip throw with hip loading (rest 2mins)</li> <li>• 1x8 per side - Split Stance single arm push throw with hip loading (rest 2mins)</li> </ul> |
|--|---|---|---|--|

## THE 4-WEEK ADVANTAGE

### Notes

- The general warmup is the standard dynamic warmup. Take your time, you should feel your body temperature and heart rate gradually increasing.
- The specific warmup is to prepare you for jumping and landing as well as prep the half kneeling position.
- In the half kneeling position your front leg is bent at 90degrees with your foot flat on the ground, the knee you are kneeling on is bent at 90degrees and right below your hip. You are pushing your down knee through the ground to make yourself as tall as possible in a straight line from knee to hip to shoulder to ear. You may need a folded up towel to kneel on for comfort.
- Squat jumps are to be executed with hands on hip and lowering down into athletic position, pausing for 1sec and then jumping as high as you can in the air and landing safely. That is 1 rep, shake your limbs out for a second or two and then perform your next rep.
- For a broad jump lower yourself into athletic position with your arms reaching behind you and jump forward throwing your arms in front of you for more momentum. Land safely, stand up and shake out your limbs for a second or two and then do your next rep. For continuous broad jumps perform 3 broad jumps in a row without any pause between reps. After 3 continuous jumps rest 2mins and go again.
- Lateral Bounds are jumps sideways from one foot to the other. A stick means you land and be completely still before jumping back to the other foot. A quick means you land and as quickly as possible jump back to your other foot.
- The throw section progresses from throw and catch to rapid throws. Then from throw and catch with hip loading to rapid throws with hip loading.
- Your goal in all of these exercises is to move as fast and explosively as possible. Take your full rest breaks and more if you feel like your reps will be compromised due to fatigue.
- This is not a conditioning session, your heart rate will get up but your goal is to be explosive and powerful not sloppy and tired.

## **FINAL THOUGHTS**

Following the program you have built from these resources will improve your speed, agility, conditioning, strength, and power. Please share this resource with any lacrosse athlete and/or coach you know.

If you need help building your training program or coaching on any of the exercises found within this program, please contact me at [neumann.joshua@gmail.com](mailto:neumann.joshua@gmail.com).

I would love to see your progress through this training program, so let me know how it is going by sharing with me and the broader lacrosse community by posting and tagging #the4weekadvantage on social media.

Updated content can be found regularly on Instagram @coachneumann



(Ladner Pioneers, 2019 President's Cup)