

Cobras Workout Chart

SUN - SAT

Player:

Week End Date:

Instructions:

1. Perform the routines below at least 2-3 times per week

2. Fill out the form each day you complete the exercises.

3. Save the blank form then update and save by date each week (example; Bobby Jones 010922)

email to your Head Coach copying Coach Kate Fields (kmwmore@gmail.com) and Coach Bill Casey (bcasey@glendalelax.com)

4. Begin a new form each week.

Cardio

20 Minutes Per Day - Any ONE or MORE of the following

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Wkly Totals
Jog / Run								
Jump Rope								
Bike								
Treadmill								
Elliptical								
Other _____								

Lacrosse*

20 Minutes Per Day - Any ONE or MORE of the following

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Wkly Totals
Cradling								
Passing								
Ground Balls								
Wall Ball								
Shooting								
Dodging								
Other _____								

Strength & Agility**

20 Minutes Per Day - Any ONE or MORE of the following

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Wkly Totals
Push-ups								
Sit-ups								
Ladders (Optional)								
Other _____								

*Lacrosse

Cradling At collar bone (horizontal Triple Threat) and vertical (Face Cradle), Rights and Left

Passing OVERHAND Right and left handed

Ground Balls Step over ball, ball down, release one, ball down, release two.... Pick up ten while jogging going forward, rest, repeat

Wall Ball [See online Wall Ball Routines: Wall Ball 101, Advanced Wall Ball, Salisbury University Wall Ball Test, and Stickwork Standards](#)

Shooting [See online Shooting Routines Individual Shooting, 300 Shots, o](#)

Dodging Split, Face, Roll

Stick Tricks Learn a trick and show us at practice

**Strength & Agility

Push-ups Minimum of 10, can do 25 or more

Sit-ups Minimum of 10, can do 25 or more

Ladders 2 in / 2 out. Construct ladders with chalk OR use stick like this routine;

<https://vimeo.com/401629588>