

Seneca Valley High School Lacrosse - Fall Work Outs & Goal Setting

General: All players are expected to do these workouts everyday with Friday and Sundays off. They should not take long and do not involve weights. All workouts are between 20-50 minutes long. We want everyone to do these so we are making them practical and timely.

Practice Day Work Out (Monday, Wednesday): Suggest doing this before practice at the field

Practice + 200 push ups, 200 abdominal reps, 4 way stability

Non Practice Day Workout - Tuesday, Thursday, Saturday: Suggest doing this with a team mate if you can

200 Push Ups – every set is to failure until you get to 200

200 abdominal reps – every set is to failure until you get to 200

1 Mile Run – Use shoes that are for running and fit right to avoid unnecessary stress on muscles/joints, try to run on the same surface every time (grass, street, track, treadmill)

4 way stability – 60 seconds each

3 Sets of 50 Body Weight Squats – or to failure if under 50 reps

1 Wall Sit to Failure

Why are we doing these workouts:

These workouts will prime our bodies for hitting the weight room starting in December. We want to all go in to the weight room with a base so we can hit the ground running and take advantage of the time we have in the weight room. We also aren't using weights right now because we want to make it feasible for all of our players to do this at their house if they can't get to a gym. This will eliminate any excuse for not being able to work out, this is a timely workout that only really involves you, your running shoes, and a work ethic.

"What keeps me going is goals." -Muhammad Ali

"Motivation is what gets you going, Habit is what keeps you going" - Jim Rohn

Seneca Valley Lacrosse Players – What are your goals for this school year and lacrosse season?

We will not be giving a template for goal setting this season. We will be collecting your personal goal setting sheets customized to how you set goals. We would like to see your goals broken down into 2 categories – Academics first – Lacrosse second – Any other type of goals you may have we encourage you to include as well (other sports/activities). Break your goals down into Long term (1-4 years), and Short term (every nine weeks for school, every month, every week, everyday). Those are example intervals for how you can set goals, but it is totally up to you. We also want you to include how you plan on reaching those goals you set. Setting a goal is the first step but having a plan and executing that plan is what makes reaching your goals possible.

- * Don't be afraid to set lofty goals for yourself, if you fall short you still accomplish a lot.
- * Be detailed and take your time creating these, you may have to sit down multiple times in order to successfully assess what your goals are and how you are going to reach them.
- * These are to make you think about what you are trying to accomplish in your life, not just lacrosse.
- * Use the SMART acronym while setting goals

S - Specific

M - Measurable

A – Attainable

R – Rewardable

T – Timetable