

St. Paul Lacrosse

Players are encouraged to do coach Joe's body weight workouts daily and post their results in the app (if you do not have the app. Email coach Joe and he will get you set up - jcianciolo@spchs.com). Get yourself in to a routine of running 2 miles a day; timed and faster each and every day.

SP Lax Foundational Wall Ball Routine

25 R/L

25 quick-stick R/L

25 splits R/L

25 Canadian R/L

25 underhand strong

25 BTB Strong

250 quick reps

Lastly buy most importantly Love Each Other.

Coach Kennedy