

# MESA

## LACROSSE

### Stick work

Everything should be done with both your LEFT and RIGHT hands and feet should be moving constantly.  
Make sure to also ADD IN FAKES!

#### Wrist Strengthening

Teeter Totters
Helicopters
Bottom hand bounce wrap ups
Stick Flips
Statue of Liberty's
Side Touches
Move up tosses
Walk the dog(s)

#### Two handed – hands free

One cradle
Quick sticks
Quick switches (L to R and R to L)
Stick side throw to off stick side catch
Off stick side throw to stick side catch
Back pop ups
Twizzlers
Around the worlds
BTB's
Bounce passes
4 Quad

#### Two handed – in tight

One cradle
Quick sticks
Quick switches (L to R and R to L)
Stick side throw to off stick side catch
Off stick side throw to stick side catch

#### One handed

Waist level tosses
Top, middle, bottom – 1 cradle
Top, middle, bottom – Quick stick
Off stick – 1 cradle (top & middle)
Off stick – QS (top & middle)
Out front sidearm catch / pass
Catch off stick wide / toss back
Catch off stick / sidearm stick side
High grabs down

#### Two handed – on the move

Sword dodges
Pull dodges
One handed
Pull with switch
Side arm pass to off stick catch
Leading passes out front up and down the wall
Drop step

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### SAMPLE progressions

Suggestion: 5 days a week for 30+ minutes

Again, these are sample progressions, you should be choosing different exercises from each category every time.

<b>Sample Progression #1</b>	<b>Sample Progression #2</b>
<b>Wrist Strengthening (at least 2 per session)</b>	<b>Wrist Strengthening (at least 2 per session)</b>
<ul style="list-style-type: none"> <li>Walk the dog wrap ups</li> <li>Teeter totters</li> </ul>	<ul style="list-style-type: none"> <li>Stick flips</li> <li>Statue of liberty's</li> </ul>
<b>One handed (at least 2-3 per session)</b>	<b>One handed (at least 2-3 per session)</b>
<ul style="list-style-type: none"> <li>One cradle 30x top (left &amp; right) 30x middle (left &amp; right) 30x bottom (left &amp; right)</li> </ul> <p>Top, middle, left all count as 1 each- so one progression of this in both hands will suffice for this section of the progression</p>	<ul style="list-style-type: none"> <li>Catch off stick, sidearm stick side 30x (left &amp; right)</li> <li>Waist level 30x (left &amp; right)</li> <li>Out front sidearm catch / pass 30x (left &amp; right)</li> </ul>
<b>Hands Free (at least 3-4 per session)</b>	<b>Hands free (at least 3-4 per session)</b>
<ul style="list-style-type: none"> <li>One cradle 30x (left &amp; right)</li> <li>Quick stick 30x (left &amp; right)</li> <li>Quick switch catch left / throw right - 30x</li> <li>Quick switch catch right / throw left - 30x</li> </ul>	<ul style="list-style-type: none"> <li>Stick side throw / off stick catch 30x (left &amp; right)</li> <li>Off stick throw / stick side catch 30x (left &amp; right)</li> <li>Back of stick pop ups stick side 30x (left &amp; right)</li> <li>Back of stick pop ups off stick side 30x (left &amp; right)</li> </ul>
<b>In tight (at least 2 per session)</b>	<b>In tight (at least 2 per session)</b>
Repeat hands free all in tight	Repeat all hands free in tight
<b>On the move (at least 2 per session)</b>	<b>On the move (at least 2 per session)</b>
<ul style="list-style-type: none"> <li>Sword dodge 30x (left &amp; right)</li> <li>Pull dodge 30x (left &amp; right)</li> </ul>	<ul style="list-style-type: none"> <li>One handed 30x (left &amp; right)</li> <li>Pull to switch 30x (left &amp; right)</li> </ul>