



LUNGE ON OVER HERE!

Preparing Lacrosse Athletes for Function
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o **Turn up Your Lacrosse Training a Notch**

Ok....there you are, running down the field with the ball – suddenly, an opening...a window of opportunity to get off a shot. With that head of steam going after you dodged a middie you plant your right foot and then wind up for the big one.

Fast Forward.....you're up by one with a minute to go – you can't give up the ball on your end and give them another shot at tying the game. Another stick hits yours. Oh no, the ball is loose – grounder...everyone darts toward the free ball, sticks and feet kicking at it, trying to get an advantage – then suddenly it squirts out just behind you. Here's your opportunity to save the day – just gotta turn back to the right and go scoop it up!

The sport of lacrosse is a super example of a sport requiring movement in all Three Planes of Motion

- **Sagittal** (forward-backward, squatting)
- **Frontal** (side-side, jumping jack type motion)
- **Transverse** (twisting-turning motions)

...for getting that shot off – spice up your common front lunge with a diagonal lift of those dumbbells or med ball up to the right shoulder height

...for that grounder behind you – pick up your right foot and turn back part way to the right (in a clock it might look like 4:30) and plant that foot, reaching your dumbbells down toward your knee

The above game situations are the real deal. A plain old lunge or lunge walking forward just won't prepare your body for those demands.

Incorporate different Planes of Motion into your training to open up the doors to your nervous system.

Your goal should be to prepare to be able to **DO IT ALL**

...anything that happens, any direction – **you can handle it!**



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