Lacrosse coaches or trainers know how important speed and agility training is for their teams. What they have to learn is how to make the maximum use of their limited practice time. Balance out the teaching of stick drills, positions, installing an offense, installing a defense, shooting, and training for speed & conditioning. At Devoe Human Performance, we have an answer: a complete speed & conditioning circuit training program that you can do with your team in less than 10 minutes!

The great thing about this type of training is that it can be used for individuals or large groups. We have used it with as many as 60 people at the same time.

The program consists of 10 rotating stations that focus on the movements that occur during a practice or game. Since I consider myself a Philadelphian, we have named these movements "THE BIG 5."

**THE BIG 5:**
- Rotation.
- Multi Plane or changes in levels.
- Running.
- Pushing/Pushing Pulling.
- Lateral Movement.

Each player spends 30 seconds at each station, with a 15-second rest period. He will complete one cycle of the circuit in only 7 minutes and 15 seconds.

Following are two of our circuits:

**OPTION A (10):**
- Skater hops with rings.
- Body Weight Squat.
- Agility Ladder – 2 in 2 out.
- Lunge with overhead twist.
- 2 Foot Hurdle Hop.
- Medicine Ball Sit-Ups – Windshield Wipers.
- 10 yard lateral shuffle.
- 1 legged ring hop (right leg).
- 1 legged ring hop (left leg).
- 25 Yard Sprint.

**OPTION B (10):**
- 3 Hurdle/Cone Run.
- Low Box Sprint/Back Pedal.
- Medicine Ball Lunge with a twist.
- Multi-Cone Broad Jump.
- Z-Drill.
- 2 Foot Ring Hops.
- Mountain Climbers with Pushups.
- Sprint to Back Pedal.
- Agility Ladder – Quick Feet.
- 25 Yard Sprint.

The circuit training program allows you to adapt the training to the level of the athlete. For example, if you have a stud athlete and a not so athletic player, they can both do the drills, but you as the coach or trainer can call out simple progressions that will make the drill harder for the stud athlete.

This type of circuit training will also allow you, as the coach or trainer, to watch over every station from a distance and still be able to push the athlete.

Anytime you can complete a speed and conditioning circuit in less than 10 minutes, you can count your blessings.

Log on to www.Devoehp.com to see complete video of these 2 circuits and all the drills.
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