

# Men's Lacrosse Strength and Conditioning



Any questions Contact me at [tspinella@salisburyschool.org](mailto:tspinella@salisburyschool.org)

# Dynamic Warm-Up Routine

These drills should be done before every running/lifting workout.

1. **Twisting Lunges**
2. **High Knees**
3. **Knee Pull to Chest**
4. **Butt Kicks**
5. **Opposite Hand to Opposite Foot**
6. **Side Slow back and Forth Lunges**
7. **Over/Under the Fence**
8. **Slow long Shuffle**

\*\*\* At the end of every workout you should do your wall ball routine: [See last page](#)

**SUMMER 2017 AGILITY/INTERVAL TRAINING (TUES/THURS)**

110'S

WEEK	DATES	AGILITY	2 MILE RUN	#	TIME	REST
1	6/13-6/17	C				
2	6/20-6/24	A	THURSDAY	10	17	:45
3	6/27-7/1	A				
4	7/4-7/8	B	TUESDAY	12	17	:45
5	7/11-7/15	B				
6	7/18-7/22		TUES/THUR			
7	7/25-7/29	C		14	17	:45
8	8/1-8/5	C	TUESDAY			
9	8/8-8/12	A		16	17	:45
10	8/15-8/19	C	THURSDAY			
11	8/22-8/26	B		16	17	:45

**TUES/THURS SEQUENCE**

DYNAMIC WARM-UP  
AGILITY  
110'S  
POST EXERCISE STRECH

# Agility Routines

## Agility A

Perimeter Carioca  
Perimeter Shuffle  
Hourglass  
360s

(Jump Rope 3 sets of 60 seconds. 45 second rest in between each set)

**\*\*3 reps of each drill with 60 seconds rest between each rep and each drill\*\***

## Agility B

Weave  
Quick Step  
Backward Quick Step  
Combo Quick Step  
Millbrook Agility

(Jump Rope 3 sets of 60 seconds. 45 second rest in between each set)

**\*\*3 reps of each drill with 60 seconds rest between each rep and each drill\*\***

## Agility C

Sprint  
Shuffle  
Backpedal-Forward  
Backpedal-Sprint

(Jump Rope 3 sets of 60 seconds. 45 second rest in between each set)

**\*\*3 reps of each drill with 60 seconds rest between each rep and each drill\*\***

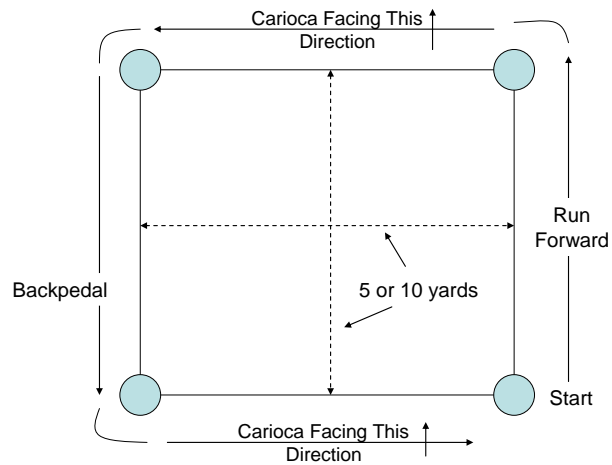
**\*\*Refer to the Agility Index for descriptions of the drills\*\***

# Agility Index

## Cone Drills

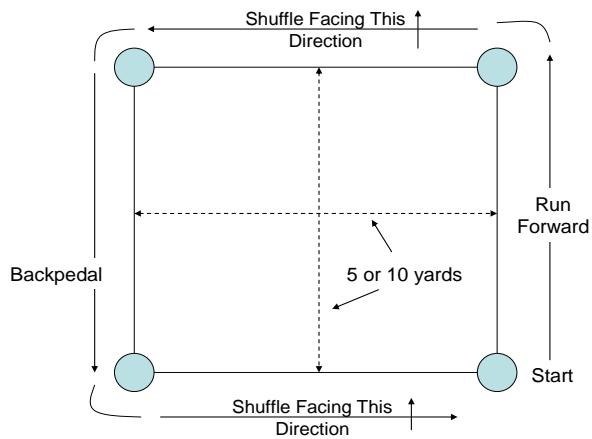
### Perimeter Carioca

1. Start on the right side of the square and sprint forward.
  2. At the first cone, break down and carioca to the left.
  3. At the next cone, break down and backpedal.
  4. At the next cone, break down and carioca right to the finish.
- \*\*When doing multiple reps, repeat starting on the opposite side\*\***



### Perimeter Shuffle

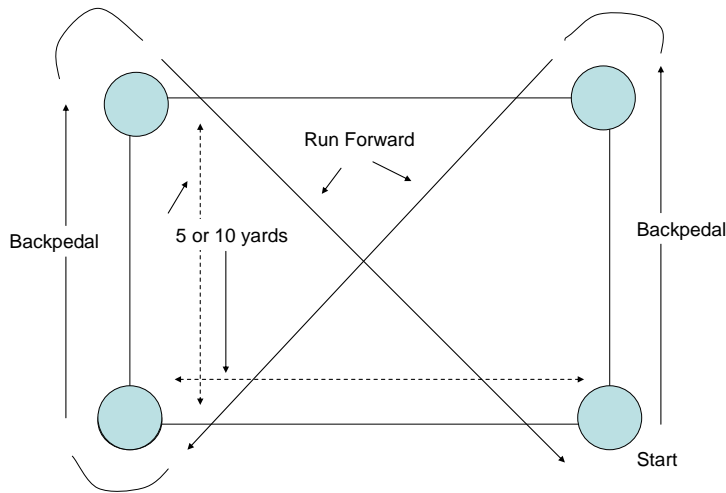
1. Start on the right side of the square and sprint forward.
  2. At the first cone, break down and shuffle to the left.
  3. At the next cone, break down and backpedal.
  4. At the next cone, break down and shuffle right to the finish.
- \*\*When doing multiple reps, repeat starting on the opposite side\*\***



## Hourglass

1. Start on the right side of the square and backpedal to the first cone.
2. Go around the cone and sprint diagonally to the second cone.
3. Go around the cone and backpedal to the third cone.
4. Go around the cone and sprint to the finish.

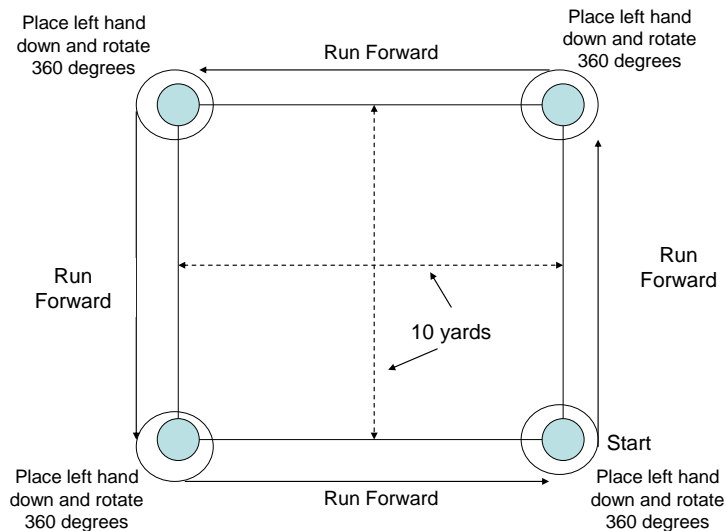
**\*\*When doing multiple reps, repeat starting on the opposite side\*\***



## 360s

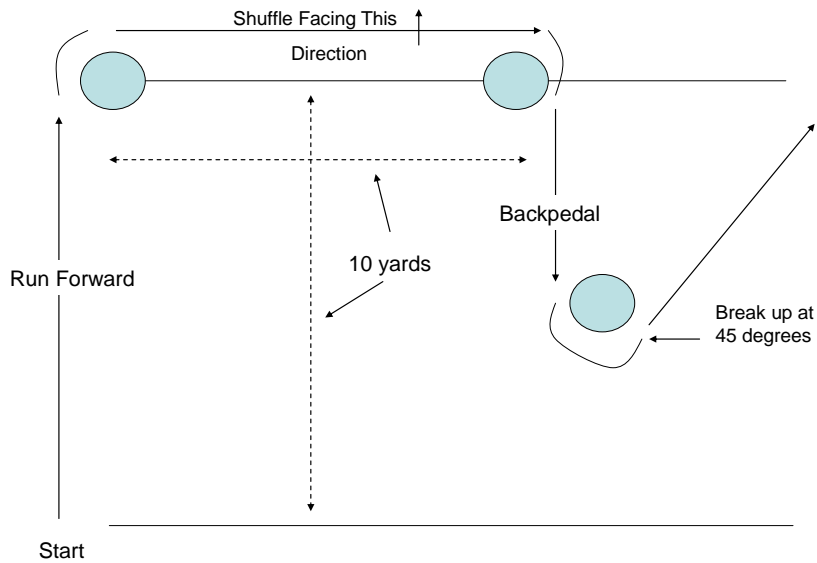
1. Start on the right side of the square and sprint to the first cone.
2. Reach down with your left hand and rotate your body 360 degrees.
3. Sprint to the second cone and rotate your body 360 degrees.
4. Sprint to the third cone and rotate your body 360 degrees.
5. Sprint to the finish.

**\*\*Always turn towards the inside of the square. When doing multiple reps, repeat starting on the opposite side turning to the right at each cone\*\***



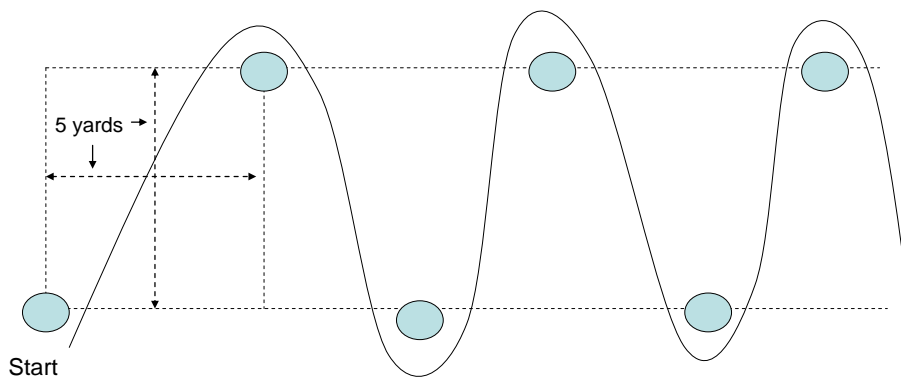
## Three-Corner

1. Start on the left side in a 3 point stance.
  2. Sprint to the first cone
  3. Drive off the left foot and shuffle right to the next cone.
  4. Go around the cone and backpedal to the final cone
  5. At the last cone, plant and drive at a 45 degree angle to the right.
- \*\*When doing multiple reps, repeat starting on the opposite side\*\***



## Weave

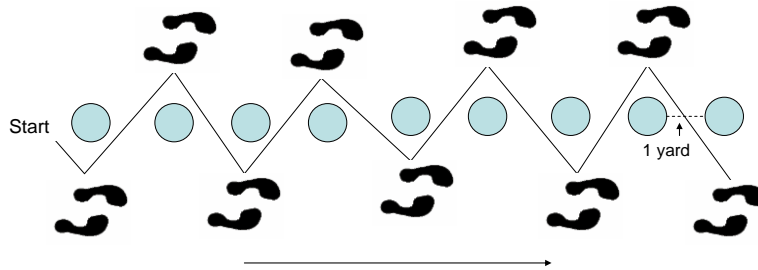
1. Sprint to the first cone, plant the outside foot, and cut around it.
  2. Continue to sprint to each cone, planting the outside foot to cut hard.
- \*\*ACCELERATE to each cone\*\***



## Quick Step

1. Stand facing a row of 10 cones, each cone one yard apart.
2. Step forward diagonally with the right foot to the right of the first cone and then slide the left foot to the right foot.
3. Lead with the left foot to the left side of the next cone and then slide the right foot to the left foot.
4. Zigzag through the cones QUICKLY.

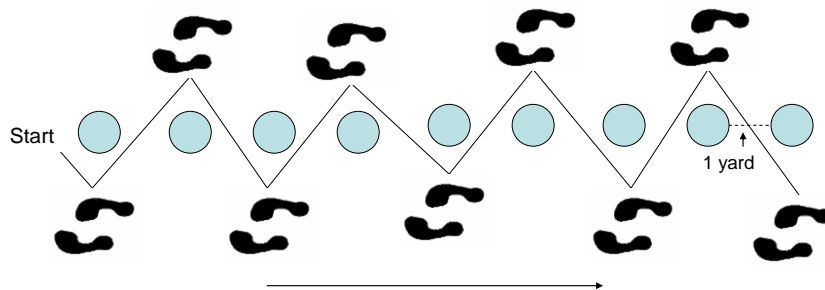
**\*\*Keep your hips and shoulders squared. Push off the outside foot\*\***



## Backward Quick Step

1. Stand with your back to a row of 10 cones, each cone one yard apart.
2. Step diagonally backward, leading with the left foot to the left of the first cone and sliding the right foot to the left foot.
3. Step diagonally backward with the right foot to the right of the next cone, sliding the left foot to the right foot.
4. Repeat this action through all the cones.

**\*\*Keep your HIPS SQUARED. Stay low with your KNEES BENT, HEAD UP, AND BACK STRAIGHT\*\***

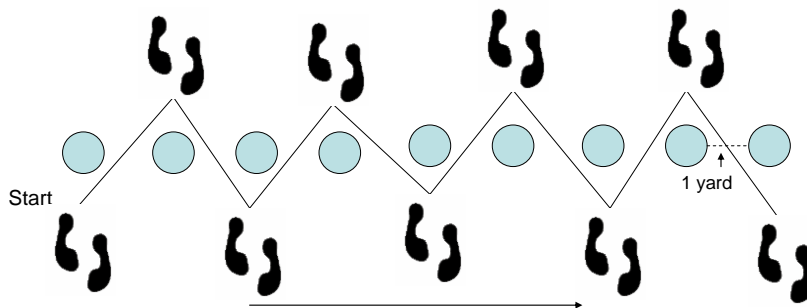




## Combo Quick Step

1. Stand with your back to the first cone in a row of 10 cones, each cone one yard apart.
2. Step diagonally backward, leading with your left foot facing the second cone and slide your right foot toward your left foot.
3. Then step diagonally forward with your left foot back to the third cone and slide your right foot toward your left foot.
4. Repeat going in opposite direction.

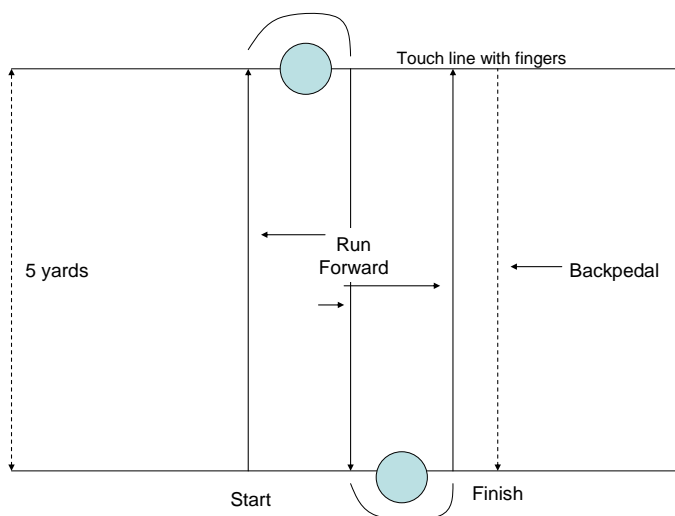
**\*\*Keep your HIPS SQUARED and your EYES FORWARD\*\***



## Duke Agility

1. Set up cones 5 yards apart as illustrated.
2. Start in a 3 point stance; sprint to the first cone and make a right-hand turn.
3. Return to the starting line. Go around the second cone with a left-hand turn.
4. Sprint and touch the 5 yard line, then backpedal to the finish.

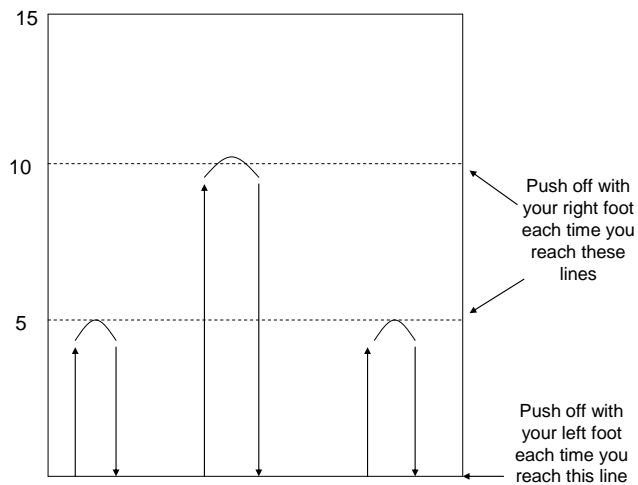
**\*\*Keep your feet moving QUICKLY around the cones on the turns\*\***



# Line Drills

## Sprint

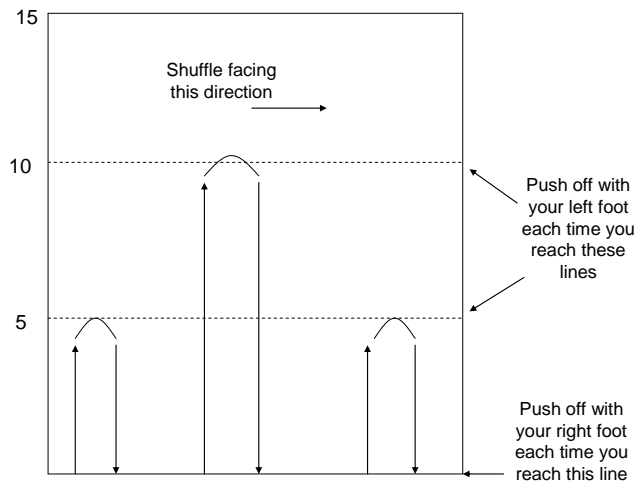
1. Sprint to the 1<sup>st</sup> line (5 yds.), touch the line with your right foot; turn and sprint to the starting line and touch the line with your left foot.
2. Sprint to the 2<sup>nd</sup> line (10 yds.), touch the line with your right foot; turn and sprint to the starting line and touch the line with your left foot.
3. Sprint to the 1<sup>st</sup> line (5 yds.), touch the line with your right foot; turn and sprint to the finish. **\*\*Run the drill FULL SPEED\*\***



## Shuffle

1. Begin in a 2 point stance perpendicular to the starting line
2. Shuffle to the 1<sup>st</sup> line (5 yds.), touch the line with your left foot; shuffle back to the starting line and touch with your right foot.
3. Shuffle to the 2<sup>nd</sup> line (10 yds.), touch the line with your left foot; shuffle back to the starting line and touch with your right foot.
4. Shuffle to the 1<sup>st</sup> line (5 yds.), touch the line with your left foot; shuffle to the finish.

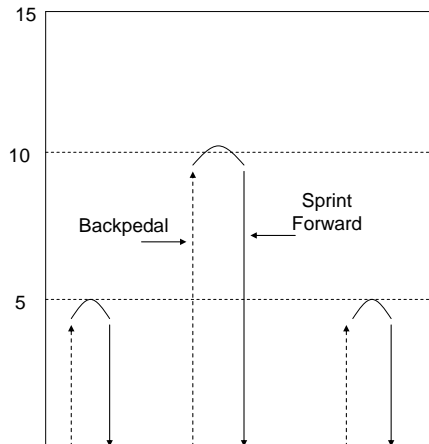
**\*\*Go FULL SPEED. Do not cross the feet. When doing multiple reps, start by facing the opposite direction\*\***



## Backpedal-Forward

1. Begin in a two-point stance with your back to the starting line.
2. Backpedal to the 1<sup>st</sup> line (5 yds.), touch the line with either foot, and sprint to the starting line and touch it with either foot.
3. Backpedal to the 2<sup>nd</sup> line (10 yds.), touch the line with either foot, and sprint to the starting line and touch it with either foot.
4. Backpedal to the 1<sup>st</sup> line (5 yds.), touch the line with either foot, and sprint to the starting line and touch it with either foot.

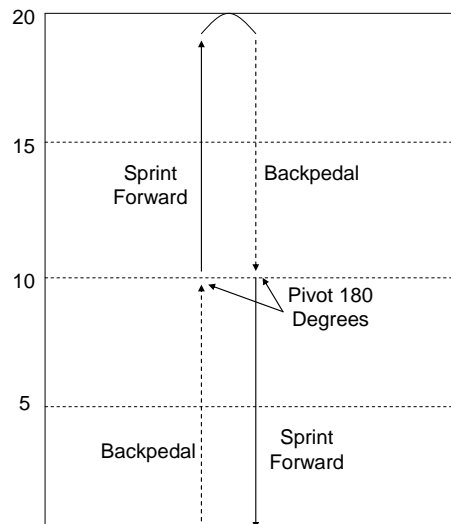
**\*\*Stay low on the backpedal\*\***



## Backpedal-Sprint

1. Begin in a two-point stance, standing with your back to the starting line.
2. Backpedal 10 yds, pivot to the right 180 degrees, and sprint 10 more yards and touch the line with either foot.
3. Backpedal 10 yds., pivot to the left 180 degrees, and sprint to the finish.

**\*\*ACCELERATE after the turns\*\***



## WEEK 1

### MONDAY

#### EXERCISE

SQUAT  
ONE LEG BOX JUMPS  
BENCH PRESS  
DB BENT-OVER ROW  
LAT PULL-DOWNS  
DB STEP-UP's  
HAMMER CURLS

#### SETS X REPS

3X10  
3X8E  
6-4-3-3  
3X8E  
3x8  
3X8E  
3x8

SET 1	SET 2	SET 3	SET 4

#### Core

### WEDNESDAY

#### EXERCISE

FRONT SQUAT  
PUSH PRESS  
SHOULDER 24's  
WIDE GRIP PULL-UPS  
TWISTING LUNGES  
UPRIGHT ROWS  
BENCH TAPS  
DIPS

#### SETS X REPS

3X8  
3X8  
3X8  
4x8  
3X8E  
3X8  
3X30 sec  
3XMAX

SET 1	SET 2	SET 3	SET 4

#### Core

### FRIDAY

#### EXERCISE

LEG PRESS  
DB SINGLE LEG SQUAT  
INCLINE BENCH  
DB ALT. BENCH PRESS ON BALL  
DEPTH JUMPS  
PULL-UPS BEHIND HEAD  
CALF RAISES

#### SETS X REPS

4x8  
4x8E  
3x8  
3x8  
4x10  
3xMAX  
3x12

SET 1	SET 2	SET 3	SET 4

#### Core

## WEEK 2

### MONDAY

#### EXERCISE

SQUAT

DIPS

DB BENDS

SHOULDER 30 PRESS

TRICEP PUSH-DOWNS

DB FRONT RAISES

HAMMER CURLS

BENCH TAPS

#### SETS X REPS

3x8

4xMAX

3x8

3SETS

3x8

3X8E

3x8

3x45sec

SET 1	SET 2	SET 3	SET 4

### Core

### WEDNESDAY

#### EXERCISE

FRONT SQUAT

BENCH PRESS

REV. GRIP LAT. PULL DOWNS

ALT. DB INCLINE

PULL UPS

BOX JUMPS

INCLINE PUSH-UPS

#### SETS X REPS

3X8

3X8

3X8

3x8

3MAX

3X15

3X15

SET 1	SET 2	SET 3	SET 4

### Core

### FRIDAY

#### EXERCISE

BARBELL CURLS

DB SINGLE LEG SQUAT

PUSH PRESS

TWISTING LUNGES

UPRIGHT ROWS/DB SHRUGS

DEPTH JUMPS

CALF RAISES

#### SETS X REPS

3x10

4x8E

3x8

3x8E

3x8

4x10

3x12

SET 1	SET 2	SET 3	SET 4

### Core

## WEEK 3

### MONDAY

#### EXERCISE

SQUAT  
MED BALLGRIP PUSH-UPS  
DB STEP UPS  
SKULL CRUSHERS  
SHOULDER 24'S  
UPRIGHT ROWS  
HAMMER CURLS

#### SETS X REPS

4x6  
3X8 EACH  
4x8E  
3x8  
3 SETS  
4x8  
4x8

SET 1	SET 2	SET 3	SET 4

#### Core

### WEDNESDAY

#### EXERCISE

LEG PRESS  
BENCH PRESS  
PULL UPS  
DB INCLINE  
DB BENT-OVER ROW  
INC./DEC. BALL PUSH-UPS  
LAT PULLDOWNS BEHIND  
BENCH TAPS

#### SETS X REPS

4x8  
4x6  
4xMAX  
4x8  
4X8  
3X20  
4x8  
3X45sec

SET 1	SET 2	SET 3	SET 4

#### Core

### FRIDAY

#### EXERCISE

BOX JUMPS  
PUSH PRESS  
DB SINGLE LEG SQUATS  
TWISTING LUNGES  
SHOULDER 24'S  
CURL AND PRESS  
CALF RAISES

#### SETS X REPS

3X20  
4x8  
4x8EACH  
4x8E  
4x8  
4x8  
3x8

SET 1	SET 2	SET 3	SET 4

#### Core

## WEEK 4

### MONDAY

#### EXERCISE

DB Leg Lunges + Curl and Press  
Upright rows + Depth Jumps  
Pull Ups + DIPS  
DB Squats + Drive the Car

#### SETS X REPS

10 each leg + 3x10  
3x8 + 3x20  
3xMAX + 3xMAX  
3x10 + 3x8

SET 1	SET 2	SET 3	SET 4

#### CORE

### WEDNESDAY

#### EXERCISE

Twositting Lunges + Skull Crushers  
Bench taps + DB Bentover Rows  
Body Squats + DB Curls  
Leg Press + Lat Pull Down(2types)

#### SETS X REPS

3x8EL+3x10  
3x45sec+3x8EA  
3x30+3x10  
3x8+3x8each

SET 1	SET 2	SET 3	SET 4

#### CORE

### FRIDAY

#### EXERCISE

Squats + Bench Press  
Box Jumps + Tricept Pull down  
Ball pushups + DB Bends  
DB Step Ups + DB Incline

#### SETS X REPS

3x10+3x8  
3x15+3x10  
3sets+3x10EL  
3x8EL+3x8

SET 1	SET 2	SET 3	SET 4

#### CORE

## Week 5

### MONDAY

#### EXERCISE

SQUAT  
CURL AND PRESS  
DB STEP UPS  
DIPS  
SHOULDER 24's  
UPRIGHT ROWS  
SKULL CHRUSHERS

SETS X REPS	SET 1	SET 2	SET 3	SET 4
4x6				
4x8				
4x8E				
4xMAX				
4SETS				
4x8				
4x8				

#### Core

### WEDNESDAY

#### EXERCISE

DB BENDS  
BENCH PRESS  
DB ROWS  
DB Step Ups  
PULL UPS  
INCLINE BENCH  
LAT PULL DOWN  
BENCH TAPS

SETS X REPS	SET 1	SET 2	SET 3	SET 4
4X8EACH				
4X5				
4X8E				
4x8E				
3xmax				
4X8				
4X8				
3X45sec				

#### Core

### FRIDAY

#### EXERCISE

FRONT SQUATS  
TWISTING LUNGES  
BOX JUMPS  
PULL-UP/DIP  
SINGLE LEG BOX JUMPS  
DEPTH JUMPS  
BARBELL CURLS

SETS X REPS	SET 1	SET 2	SET 3	SET 4
4x8				
4x8E				
4x10				
3SETS X MAX				
4x8				
4x10				
4x10				

#### Core



## **WEEK 6 (OFF WEEK)**

Make sure you get in a 2 mile run on Tuesday/Thursday

**WEEK 7**

**MONDAY**

**EXERCISE**

SQUAT  
SHOULDER 30 PRESS  
SHOULDER 24's  
DB STEP UPS  
SKULL CRUSHERS  
UPRIGHT ROWS  
TRICEP PULL DOWNS  
DB CURLS  
BENCH TAPS

**SETS X REPS**

4x3  
4xSETS  
4xSETS  
4x6E  
4x8  
4x6  
4x8  
4x8  
3x45sec

SET 1	SET 2	SET 3	SET 4

**Core**

**WEDNESDAY**

**EXERCISE**

FRONT SQUAT  
BENCH PRESS  
REVERSE GRIP PULL DOWNS  
DB INCLINE  
PULL UPS  
BOX JUMPS  
MED BALL PUSH UPS  
BACK EXTENSION

**SETS X REPS**

4X6  
4X3  
4X6  
4x6  
4X8  
3X20  
4X8  
4X10

SET 1	SET 2	SET 3	SET 4

**Core**

**FRIDAY**

**EXERCISE**

LEG PRESS  
TWISTING LUNGES  
PUSH PRESS  
LEG EXT/LEG CURL  
DB SHRUGS  
DEPTH JUMPS  
CALF RAISES

**SETS X REPS**

4x3  
4x8E  
4x6  
3X8E  
4x8  
4x10  
4x10

SET 1	SET 2	SET 3	SET 4

**Core**

## WEEK 8

### MONDAY

#### EXERCISE

DB Leg Lunges + Curl and Press

Upright rows + Depth Jumps

Pull Ups + DIPS

DB Squats + Drive the Car

#### SETS X REPS

10each leg + 3x10

3x8 + 3x20

3xMAX + 3xMAX

3x10 + 3x8

SET 1	SET 2	SET 3	SET 4

#### CORE

### WEDNESDAY

#### EXERCISE

Twositting Lunges + Skull Crushers

Bench taps + DB Bentover Rows

Body Squats + DB Curls

Leg Press + Lat Pull Down(2types)

#### SETS X REPS

3x8EL+3x10

3x45sec+3x8EA

3x30+3x10

3x8+3x8each

SET 1	SET 2	SET 3	SET 4

#### CORE

### FRIDAY

#### EXERCISE

Squats + Bench Press

Box Jumps + Tricept Pull down

Ball pushups + DB Bends

DB Step Ups + DB Incline

#### SETS X REPS

3x10+3x8

3x15+3x10

3sets+3x10EL

3x8EL+3x8

SET 1	SET 2	SET 3	SET 4

#### CORE

## WEEK 9

### MONDAY

#### EXERCISE

SQUAT  
SHOULDER 30 PRESS  
DB FRONT RAISES  
DB STEP UPS  
DIPS  
UPRIGHT ROWS  
TRI PULL DOWNS  
HAMMER CURLS

#### SETS X REPS

4x5  
4xSETS  
4x6E  
4x6E  
4xMAX  
4x6  
4x8  
4x8

SET 1	SET 2	SET 3	SET 4

#### Core

### WEDNESDAY

#### EXERCISE

FRONT SQUAT  
DB BENCH PRESS ON BOSU BALL  
DB ROWS  
INCLINE BENCH  
PULL UPS  
CLOSE GRIP BENCH  
BACK EXTENSION  
BENCH TAPS

#### SETS X REPS

4X6  
4X8  
4X6E  
4x6  
4X8  
4X8  
4X10  
4x45sec

SET 1	SET 2	SET 3	SET 4

#### Core

### FRIDAY

#### EXERCISE

CLEANS  
TWISTING LUNGES  
PUSH PRESS  
SINGLE LEG SQUATS  
DB SHRUGS  
PULL UPS BEHIND  
CALF RAISES

#### SETS X REPS

4x3  
4x8E  
4x6  
4x6E  
4x6  
4XMAX  
4x12

SET 1	SET 2	SET 3	SET 4

#### Core

## WEEK 10

### MONDAY

EXERCISE	SETS X REPS	SET 1	SET 2	SET 3	SET 4
SQUAT	4x6				
PUSH PRESS	4x6				
SHOULDER 24's	4x8				
DB STEP UPS	4x6E				
DIPS	4x10				
TW SITTING LUNGES	4x6E				
SKULL CRUSHERS	4x10				
Hammer CURLS	4x8				

### Core

### WEDNESDAY

EXERCISE	SETS X REPS	SET 1	SET 2	SET 3	SET 4
FRONT SQUAT	4X8				
BENCH PRESS	4X3				
DB ROWS	4X6E				
DB INCLINE BENCH	4x6				
PULL UPS	4XMAX				
INCLINE PUSH UPS	4X10				
BACK EXTENSION	4X10				
BENCH TAPS	4X30				

### Core

### FRIDAY

EXERCISE	SETS X REPS	SET 1	SET 2	SET 3	SET 4
LEG PRESS	4x5				
SHOULDER 30 PRESS	4xSETS				
SINGLE LEG SQUATS	4x6E				
DB SHRUGS	4x6				
BOX JUMPS	4x20				
CALF RAISES	4x12				
BARBELL CURLS	4x10				

### Core

**WEEK 11 \*\*\*RECOVERY WORKOUT\*\*\***

**MONDAY**

<b>EXERCISE</b>	<b>SETS X REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>
SQUAT	3x10				
DB SHOULDER PRESS	3x10				
SHOULDER 24's	3x8				
DB STEP UPS	3X10				
DIPS	2xMAX				
Hammer CURLS	3x10				

**Core**

V-ups	3X30			
Side DB Bends	3X10			
Bicycles	3X 1 min.			

**WEDNESDAY**

<b>EXERCISE</b>	<b>SETS X REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>
FRONT SQUAT	3x6				
BENCH PRESS	3x8				
DB ROWS	3x8				
DB INCLINE BENCH	3x8				
PULL UPS	3X10				
BACK EXTENSION	3x10				

**Core**

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# **Core Training: Monday/Wednesday/Friday**

**Circuit:** 30 second stations 10 second rest between each station.

Go through the Circuit 2 times for the first 5 weeks

Go through the Circuit 3 times for the last 5 weeks

## **Monday**

Jump Rope
V-Ups
Rockies
Plate Bends
Windshield Wipers
Side Bridge: 30 seconds on each side

## **Wednesday**

Swiss Ball Crunches
Alternating V-Ups
Toe Touches
Jump Rope
Wall Sits
Front Bridge

## **Friday**

Jump Rope
Scissors
Bicycles
V-Ups
Med ball rotations
Front Bridge: for 1 minute

# Wall Ball Routine

1. Find a flat brick or concrete wall at least 10 feet high, the longer the better
2. Every drill that you do - do it with both hands
3. Always wear gloves when you are performing your routine - you play with gloves so why not practice with gloves
4. Stand 5-7 yards away from the wall
5. Perform this routine at least 4-5 times per week
6. Each routine should be at least 20 minutes in length- if you finish all drills in less than 20 minutes, repeat drills starting with the drill that challenged you the most
7. Listening to music always helps me work harder
8. Have fun!

## Lacrosse Wall Ball Drills:

- Quick stick – 50 right, then 50 left (no cradle)
- One hand quick stick- 50 right, then 50 left (no cradle)
- Quick stick- change hands each time you throw the ball while the ball is in the air- 50 right, then 50 left ( no cradle)
- Both hand catch and cradle- 50 right, then 50 left (one quick cradle)
- One hand catch and cradle – 50 right, then 50 left (one quick cradle)
- Face dodge- catch-face dodge-throw- 50 right, then 50 left
- Split dodge- throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand- 50 right, then 50 left
- Cross handed- 50 right, then 50 left- “cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (one quick cradle each time)
- Behind the back- 50 right, then 50 left
- Develop your own drill (Be creative and make sure you use both hands)
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## **SHOOTING:**

### For Attack:

10 Question Mark/Outside Roll Dodges from X and Shoot (both R/L)  
10 Inside Roll Dodges from X (both R/L)  
1V1's Vs D-Man: from X, from Wing

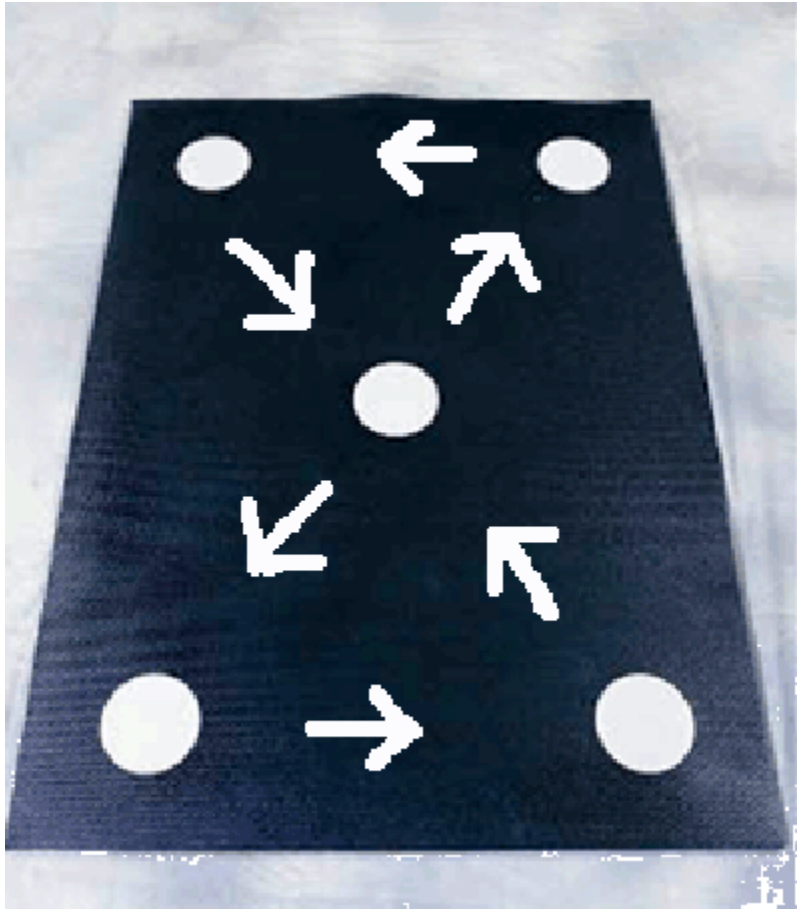
### For Middies

10 RH Alley Dodges with Overhand Shots On The Run  
10 LH Alley Dodges with Overhand Shots On the Run  
10 Sweep Dodges to Shot both R/L  
10 Deep Alley Carries to Rollback Passes (both R and L)  
1V1's vs SSDM or LSM



# Footwork

**The Dot Drill Mat is great for warming up or working on quick feet.**



## Progression of Five Drills

1. Two Feet: One on each side, come together in the middle, separate one to each side and back using the same pattern.
2. Two Feet: Keep your feet together. Starting from the lower right move to the middle, upper right, upper left, middle, and finally bottom left.
3. One Foot: Use the same pattern as number two except use one foot.
4. One Foot: Repeat number 3 with the other foot.
5. Two Feet: Repeat number one but going back spin and always move forward.

Go through each drill five times and move on to the next one as a warm up. Repeat after a 60 second rest.

### **Double Leg Forward And Backward Line Hops**

- Stand with both feet behind a line/piece of tape on a soft surface or gym floor.
- Explosively and quickly jump backwards and forward over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).
- Repeat pattern for desired amount of time.
- Use a 1:3 work to rest ratio.

### **Double Leg Side To Side Line Hops**

- Stand with both feet on the side of a line/piece of tape on a soft surface or gym floor.
- Explosively and quickly jump side to side over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).
- Repeat pattern for desired amount of time.
- Use a 1:3 work to rest ratio.

### **X Hops Over The Line**

- Stand with one foot on the left side and one foot on the right side of a line/piece of tape on a soft surface or gym floor.
- Explosively and quickly cross right foot over left foot in an X pattern over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals). Be sure to alternate feet each set.
- Repeat pattern for desired amount of time.
- Use a 1:3 work to rest ratio.

### **Muhammad Ali Line Shuffle**

- Stand with both feet behind a line/piece of tape on a soft surface or gym floor.
- Explosively and quickly alternate the left and right foot over the front of the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).
- Repeat pattern for desired amount of time.
- Use a 1:3 work to rest ratio.