

Dear Future Team Member,

Hello, my name is Blake Zinn, Head Coach for the Redhawk Lacrosse team. Whether you are a new player or a returning player, I wanted to introduce myself to you and tell you a little bit about myself. I have been teaching at Lincoln Junior high for four years, and have coached lacrosse at Naperville North for three of those years. I am extremely excited to return to my first coaching home to lead the team to new heights.

I have followed the program at Central closely since I left to work at North, and I saw many bright spots. There was some great talent in the program, but there didn't seem to be a goal or a vision. Kids were showing up the last week of February, paying their dues and hitting the field. I have no doubt that some of them played some catch or did a camp in the off-season, but to be *great* you have to *commit* to something. Central's baseball team didn't win the 2006 state championship because they worked hard during the season, neither did the 2007 North football team. These teams were successful because they put in the effort during the off season.

If you want to be a part of this team in 2009, you will put in work in the off season. This will include our weight training program, wall ball, and mini-camps. I know many of you play other sports and that is excellent, there is no better way to learn to compete and be part of a team than to actually do it. However, you have to keep your stick in your hand if you want to get better.

Hard work will produce great rewards for you and the team. I have confidence and belief that you, as individuals and as a team, will work hard in the off-season so that we can have increased success during the season. Don't be satisfied with yourself or your teammates until you have proven that you are the best!

Included with this letter is a description of the wall ball workout, and the fall weight lifting sheets. If you are in a fall sport, you **do not need** to complete the lifting sheet. If you are not in a fall sport, you **must** complete the lifting sheet if you wish to *try out* for the team in February. Also, if you are in a fall sport, make time twice a week to complete the wall ball workout. If you are not in a fall sport, complete the wall ball workout at least four times a week.

The Redhawk lacrosse tradition has not been a strong one in the past, but you have a chance to change that. Let's work hard as individuals and as a team in the off season to begin a new tradition of Redhawk lacrosse success!

Sincerely,

Blake Zinn
Head Coach
Naperville Central Lacrosse

Feel free to email me if you have any questions bzinn@ncusd203.org

Wall Ball Workout- Non Goalies

Strong= Use your strong hand

Weak= Use your weak hand

Only count if you made a successful throw and catch. Perfect practice makes perfect. The ball should never hit the ground!

- | | | |
|---|-------------|-----------|
| 1. One Handed throw and catch | Strong x 20 | Weak x 30 |
| 2. Two Handed throw and catch same hand | Strong x 30 | Weak x 40 |
| 3. Two Handed throw strong catch weak | x 30 | |
| 4. Two Handed throw weak catch strong | x 40 | |
| 5. Running right catch and throw | x 30 | |
| 6. Running left catch and throw | x 30 | |
| 7. Behind the back | Strong x 10 | Weak x 10 |

If you have a net or space to shoot, take at least 50 shots each time you complete this workout, even if you are a d-pole. Shoot from different positions and different hands to work all angles and situations.

Face-off Players- Take time to work on moves with another face-off player. Keep your body position low, stay light on your hands, and fight for the ball each time. Work each move 20-30 times per workout.

Wall Ball for Goalies

As a goalie, always wear your helmet and gloves when taking shots of any kind. For most of these drills, you will need a partner. There is **no** time during this workout where you will take **full speed** shots. Work on technique!

1. Short Stick Warm-Up: Use a short stick and take 15 shots to each spot- Stickside High, Offside High, Stickside Hip, Offstick Hip, Stickside Low, Offstick Low, 5-Hole, and Bounce Shots. All shots should come at half-speed.
2. Goalie stick warm-up: Stand 8-10 feet from the wall facing the wall. Have someone stand 8-10 feet behind you and shoot at the wall. Start with slow shots and work your way up to $\frac{3}{4}$ speed shots. You should not take any full speed shots during this drill. Step to the ball every time! This drill should take about 15-20 minutes
3. Finish with throwing and catching against the wall. Stand far away so you can throw the ball to various points on the wall, simulating clearing passes. Complete *at least* 50 throws.