



*HOCKEY >  
LACROSSE*

—◆—  
**Foot and ankle preparation**

# Session 1 – Lateral dynamic and calf capacity

Activity	Link	Week 1	Week 2	Week 3
'Tall & long' side skips		2x10m es	3x 10m es	3x 15m es
'Quarter squat' side skips		2x10m es	3x 10m es	3x 15m es
'Punch and brake' laterals		2x10m es	3x 10m es	3x 15m es
'High heel' walks		3x 5m	3x 8m	3x 10m
Floating calf raise		2x 10 es	3x 10 es	3x 14 es

# Session 2 – Acceleration dynamic & calf capacity

Activity	Link	Week 1	Week 2	Week 3
Forward jump to single leg landing		2x 5 es	3x 5 es	3x 6 es
Forward ankle-dominant bunny hops		2x10	3x 10	3x 12
'Punch and brake' laterals		2x10m es	3x 10m es	3x 15m es
'Toe taps' On-the-spot		3x 20	3x 30	4x 30
Calf raise "2-up, 1 down for 3secs"		2x 6 es	3x 6 es	3x 8 es

# Session 3 – Lateral dynamic and calf capacity

Activity	Link	Week 1	Week 2	Week 3
Skater jumps with paused landing		2x 5 es	3x 5 es	3x 6 es
4m Lateral tempos		2x 4 + 4	3x 4 + 4	3x 4 + 4
Accel to lateral decel		2x 2 es	2x 3 es	3x 3 es
'High toe' walks		3x 5m	3x 8m	3x 10m
Calf raise "1-up, 1 down"		2x 10 es	3x 10 es	3x 14 es