

## TIME INTERVAL LACROSSE TRAINING BEGINNER DODGE - WEEK 1

N A M E :						
GOAL:						
Dov			_			
Day I	Essentia I	Gear	E	xtra Gear I	Workout Link	Notes
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-		<b>一种发现的</b>	
Location:	- Clothing		-		回路安徽	
2						
z Date:	Chick			_		
Time:	- Stick		l -			
Partner:	- Ball(s)		l			
Location:	- Gloves		l -			
	- Clothing		ļ			
3					ED AT AT NEW	
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-		IN THE STATE OF TH	
4						
Date:	- Stick		l -			
Time:	- Ball(s)		l -			
Partner:	- Gloves		l -			
Location:	- Clothing		l -			
o Date:	- Stick		l <sub>-</sub>	_		
Time:	- Ball(s)		l _			
Partner:	- Gloves		l _			
Location:	- Clothing		l -			
	<u> </u>		ı	D2 D - :		
Day 6 - Rest				Day 7 - Rest		
Weekly Reflections:						

1a) What did you enjoy most?

1b) What made it so enjoyable?

2) What did you enjoy the least?

2b) What made that more difficult?



## TIME INTERVAL LACROSSE TRAINING BEGINNER DODGE - WEEK 2

NAME:.		
GOAL:		

Day	Essential	Essential Gear		a Gear	Workout Link	Notes
8						1,535
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-			
9						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-		<b>元章汉安长</b> 2	
Location:	- Clothing		-		回应或法律表	
10						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-		回应的	
11						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-		<b>元章汉农长</b>	
Location:	- Clothing		-			
12						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-	$\overline{\sqcap}$ $I$	回应基本的	

**Weekly Reflections:** 

1a) What did you enjoy most?

1b) What made it so enjoyable?

2) What did you enjoy the least?

2b) What made that more difficult?