

“30

DAYS

OF LAX”

hosted by www.WOMENSLAXDRILLS.com

66 30 DAYS OF LAX

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SPRING 2020

30 DAYS OF LAX

30

REACH OUT TO A TEAMMATE

REACH OUT TO A TEAMMATE
THAT YOU DON'T HAVE A
CLOSE RELATIONSHIP TO.
CHECK IN AND SEE HOW THEY
ARE DOING AMIDST THE NEW
CHANGES GOING ON IN OUR
WORLD.

REMEMBER:
EVERYONE HAS DIFFERENT
CIRCUMSTANCES AT HOME -
BE SURE TO OFFER HELP IF
NEEDED.

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30 DAYS OF LAX

29

FITNESS

FIND A GREAT WORKOUT
ONLINE AND DO A FULL BODY
HIGH INTENSITY FITNESS
TRAINING.

IF YOUR COACH ASSIGNS
SOMETHING SPECIFIC, DO
THAT!

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66

30 DAYS OF LAX

28

WATCH FILM

CHOOSE FROM A LINK ON THE
NEXT PAGE

LINKS ARE LIVE ON THE PDFS

SPRING 2020

30 DAYS OF LAX

8 FILM LINKS

BC vs. Maryland 2018 Semifinal NCAA game

<https://www.youtube.com/watch?v=9yxStbRCzo4>

BC vs. UNC 2019 Semifinal NCAA game

<https://www.youtube.com/watch?v=ALVg2tlwED8>

Maryland vs. UNC 2020 Regular Season Game

https://www.youtube.com/watch?v=9lig_V6z7Fk

US National Team vs. JMU 2018

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66

30 DAYS OF LAX

27

WALL BALL

GO FIND A WALL!
GET A MINIMUM OF 1000
TOUCHES TODAY.

SPRING 2020

30 DAYS OF LAX

26

MINDFULNESS

CHOOSE FROM A RESOURCE
BELOW AND TAKE 30 MINUTES
OF MINDFUL PRACTICE

- JOURNAL FOR 30 MINUTES
- LISTEN TO A GUIDED
MEDITATION
- SIT QUIETLY FOR 30
MINUTES

SPRING 2020

30 DAYS OF LAX

25

CREATE A PLAY

GET CREATIVE

BUILD A PLAY FOR YOUR TEAM.

IT CAN BE ANY KIND OF PLAY:

- ATTACK
- DEFENSIVE
- GOALIE CLEAR
- REDEFEND/RIDE
- BENCH CELEBRATION
- ETC!

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30 DAYS OF LAX

24

WATCH FILM

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23

WALL BALL

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TOUCHES TODAY.

”
SPRING 2020

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30 DAYS OF LAX

22

REACH OUT TO A TEAMMATE

FOLLOW UP WITH THAT
TEAMMATE FROM DAY 30 AND
CHECK IN.
HOW ELSE CAN YOU HELP?

IF YOU HAVE BEEN KEEPING UP
WITH HER, REACH OUT TO
SOMEONE NEW AND CHECK IN.

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30 DAYS OF LAX

21

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66 30 DAYS OF LAX

20

FITNESS

FIND A GREAT WORKOUT
ONLINE AND DO A FULL BODY
HIGH INTENSITY FITNESS
TRAINING.

IF YOUR COACH ASSIGNS
SOMETHING SPECIFIC, DO
THAT!

”
SPRING 2020

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30 DAYS OF LAX

19

MINDFULNESS

CHOOSE FROM A RESOURCE
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OF MINDFUL PRACTICE

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SPRING 2020

30 DAYS OF LAX

18

REACH OUT TO YOUR TEAM

COMPOSE A WELL THOUGHT
OUT MESSAGE TO YOUR TEAM
GROUP CHAT.

MAKE SURE YOUR MESSAGE:

- HAS A THEME
- STICKS TO THE POINT
- IS ORGANIZED
- IS POSITIVE
- IS INCLUSIVE TO EVERYONE

ALSO: IF YOUR ENTIRE TEAM IS
SENDING THEIR MESSAGES
MAKE SURE YOU REPLY AND
COMMENT WITH THANKS THAT
THEY TOOK THE TIME TO
WRITE IT FOR YOU.

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30 DAYS OF LAX

17

FILM A TRICK

FILM A STICK TRICK AND SEND
IT TO YOUR TEAM GROUP
CHAT!

COMMENT AND SUPPORT EACH
OTHER.

POST IT USING HASHTAG
#30DAYSOFLAX

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30 DAYS OF LAX

16

MINDFULNESS

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MINUTES

SPRING 2020

30 DAYS OF LAX

15

REACH OUT TO YOUR TEAM

CHECK IN! WE'RE +15 DAYS
INTO THIS. DOES ANYONE
NEED SUPPORT OR HELP?
REACH OUT TO 5 PEOPLE
INDIVIDUALLY (NO GROUP
MESSAGING).

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66

30 DAYS OF LAX

14

WALL BALL

GO FIND A WALL!
GET A MINIMUM OF 1000
TOUCHES TODAY.

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13

WATCH FILM

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66

30 DAYS OF LAX

12

FITNESS

FIND A GREAT WORKOUT
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HIGH INTENSITY FITNESS
TRAINING.

IF YOUR COACH ASSIGNS
SOMETHING SPECIFIC, DO
THAT!

”
SPRING 2020

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30 DAYS OF LAX

1 1

FITNESS DOUBLE

YES FITNESS 2X IN A ROW!
MAKE THIS WORKOUT HARDER
AND LONGER THAN
YESTERDAY.

FIND A GREAT WORKOUT
ONLINE AND DO A FULL BODY
HIGH INTENSITY FITNESS
TRAINING.

IF YOUR COACH ASSIGNS
SOMETHING SPECIFIC, DO
THAT!

SPRING 2020

66

30 DAYS OF LAX

10

WALL BALL

GO FIND A WALL!
GET A MINIMUM OF 2000
TOUCHES TODAY.

SPRING 2020

30 DAYS OF LAX

9

MINDFULNESS

CHOOSE FROM A RESOURCE
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30 DAYS OF LAX

8

REACH OUT A TEAMMATE

CHECK IN!

GO BACK TO THE TEAMMATE
YOU REACHED OUT TO ON DAY
30. HOW ARE THEY HANDLING
EVERYTHING? ARE THEY
KEEPING UP WITH 30 DAYS OF
LAX? .

SPRING 2020

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66 30 DAYS OF LAX

7

FITNESS

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SPRING 2020

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30 DAYS OF LAX

6

REACH OUT YOUR TEAM

THE FINAL DAYS ARE HERE.
LET YOUR TEAM KNOW WHAT
YOU STRUGGLED WITH DURING
30 DAYS OF LAX AND WHAT
YOU'RE GOING TO DO TO MAKE
YOUR LAST 5 DAYS GREAT.

SPRING 2020

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66

30 DAYS OF LAX

5

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SPRING 2020

30 DAYS OF LAX

3

FITNESS

WILL THIS BE YOUR LAST
FITNESS CHALLENGE?

WE SUGGEST YOU MAKE IT THE
BEST ONE YET.

FIND A GREAT WORKOUT
ONLINE AND DO A FULL BODY
HIGH INTENSITY FITNESS
TRAINING.

IF YOUR COACH ASSIGNS
SOMETHING SPECIFIC, DO
THAT!

SPRING 2020

66

30 DAYS OF LAX

2

WALL BALL

GO FIND A WALL!
GET A MINIMUM OF 1500
TOUCHES TODAY.

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30 DAYS OF LAX



REACH OUT YOUR TEAM

YOU DID IT!
CONGRATULATE YOUR TEAM!
ASK THEM WHAT WAS
DIFFICULT, EASY, FUN,
BORING...
WHAT ACTIVITIES MADE YOU
BETTER? WHY?

DON'T FORGET TO CONTINUE
COMMUNICATION WITH YOUR
TEAM. JUST BECAUSE 30 DAYS
OF LAX IS OVER DOESN'T MEAN
THE COMMUNICATION ENDS!

SPRING 2020