

Triphasic

Lacrosse Training Manual

Matt Van Dyke

&

Cal Dietz

Contributions By:

Bill Tierney

Matt Brown

John Orsen

Van Dyke Strength LLC
P.O. Box 22402
Denver, CO 80222

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vandykestrength.com

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Foreword

Matt Van Dyke has taken our strength training and conditioning to a new level. His scientific approach toward specific lacrosse movement training has given us a direct and meaningful method of preparing our players for competition at the highest level of collegiate lacrosse. Our strength is greater, our movement is more fluid and our soft tissue injury rate has lessened dramatically. I am proud and thrilled that Matt is leading our Strength and Conditioning program in a manner that is based on research and expertise. Our players are always motivated and always look forward to using this methodology to keep us at the forefront of Division 1 lacrosse.

- Bill Tierney, University of Denver Head Lacrosse Coach, 7-time National Champion Coach

Through this training program, I was able to compete at the best physical shape of my life after suffering three foot surgeries in a matter of six months. The program provided in this manual prepared me for my season to a greater extent than I could have ever imagined. With this programming, I was able to not only return to playing professional lacrosse, but was named an All-Star, and also won the 2016 MLL Championship in which I was named the MVP. This feat was accomplished exactly one year after my final foot surgery. None of this would have been possible without the Triphasic Training Model laid out in this manual.

- Eric Law, 2016 MLL Champion & Championship MVP, 2016 All-Star

With the lacrosse specific training shown in this manual, I have been able to recover faster and prevent injuries, such as pulled muscles and other nagging joint problems. This is an efficient training system that does not over work your body, while still improving strength. I improved my balance and speed through this training program.

- Wes Berg, NLL and MLL Athlete, 2015 NCAA Tournament Most Outstanding Player

Under the training program demonstrated in this manual, I have experienced a complete change in my lacrosse game. The lacrosse specific nature and knowledge of the game allowed me to play stronger, with more speed, and recover faster while playing.

- Jeremy Noble, NLL and MLL Athlete

Preface

What This Manual Is Not

Every performance coach should understand that the Triphasic Lacrosse Training Model presented in this manual is not an end-all or ultimate answer to all training. Although this systematic training protocol continues to show impressive results with athletes of all levels, it is important to appreciate and understand that this training manual, like any training program, cannot guarantee results for every individual. Even with the most up-to-date knowledge, science, and other sport specific knowledge, it is not guaranteed an athlete will reach an elite-level status. This feat is rarely achieved for the majority of athletes, regardless of training completed. That does not mean this level of performance should not be actively sought after for every athlete in the most efficient, appropriate manner possible.

What This Manual Is

All performance coaches have one ultimate desire, to create the ultimate athlete. One that is powerful, yet resilient according to the physical demands of lacrosse. Triphasic Training, which is a system in and of itself, is responsible for numerous Olympic, World, and National Championships. All of these principles and the existing research has been applied specifically to the requirements of lacrosse. Although the principles and concepts described throughout this manual are extremely advanced in both their physiological response by the body and implementation in training, they are presented in a manner so that the high-school lacrosse coach, one that has no understanding of the body, can successfully utilize these training principles to the highest extent. This manual has taken the needs of every lacrosse athlete and then broken them down into six physical qualities. In order to display the physical proficiency required by a lacrosse athlete, each of these six physical qualities must be trained appropriately. The program demonstrated in this manual represents one to be completed by an elite-level lacrosse athlete. However, the principles applied throughout this manual can, and have been, applied to athletes with younger training ages with extreme levels of success. If you wish to discuss programming possibilities for younger athletes please contact triphasiclacrosse@gmail.com. The training system created, and explained, in this manual demonstrates years of attempts to create an all-encompassing, systematic approach to physical training specific to the sport of lacrosse.