

Wall Ball

An essential element in off-season training!!

Complete at least twice per week to see positive results.

Complete the routine below at a building pace.

Always challenge yourself.

If you leave the exercise feeling you are the best lacrosse player ever- you did not work hard enough.

If you leave the exercise feeling bad about yourself – you challenged yourself too much – start slower.

- I. Start 3-4 feet from the wall
 - a. Right hand to right hand...try to catch right into your passing position...bottom hand out!
 - b. Left to left.
 - c. Right to weak side (turn the stick to make the catch – do not switch hands). Give with the head of your stick and push the bottom hand out. Challenge yourself by going faster and faster. Increase the difficulty by throwing the ball harder and harder.
 - d. Repeat the above but keep the stick on the weak side.
 - e. Pass right and catch left. Check your form repeatedly – is your bottom hand out? Are you catching in front of you – not to the side? Is your bottom hand staying mostly stationary? Increase the difficulty by throwing the ball quicker and harder.
 - f. Pass left and catch right.
 - g. With dominant hand throw the ball from a position between your eyes – the ball should come back right at your head. This will help you catch all passes – good and bad.
 - h. Right and left handed quick sticks.

- II. Start 8 feet away from the wall
 - a. Throw ball as high as the wall will allow –spin in your dominant hand direction – catch with the same hand. Quicker. Harder.
 - b. Use chalk to put an x on the wall –dip ball in water - throw the ball with your dominant hand and try to hit the x every time. You will know that you are successful if you rub the x off. Quicker. Harder
 - c. Repeat above using left hand.
 - d. Throw ball so it hits the bottom of the wall – this will cause the ball to make a strange return path – pay attention. Quicker. Harder.

To keep the excitement level up- put fast music in you ears, keep up with the beat.

Try to complete 20 catches of routine I in 20 minutes – or other time limit. Complete with a buddy or two.

