

Lacrosse Wall Ball Routine

1. All drills must be performed with both hands and with gloves.
2. Try to find a smooth concrete wall; any solid wall works in a pinch.
3. Stand 5-7 yards from the wall when performing this routine.
4. Put in full effort for 20 minutes at a time, 4-5 times a week, and your stick skills will improve significantly in a short period of time.
5. **Drills:**
 - a. Right hand – throw, catch, one cradle, repeat – 25 times. Repeat with left hand.
 - b. Right hand – quick stick – 25 times. Repeat with left hand.
 - c. Right hand – throw, catch, face dodge, repeat – 25 times. Repeat with left hand.
 - d. Split dodge – throw right, catch right, split to left hand, throw left, catch left, and split back to right hand – 50 passes.
 - e. Quick Stick – switch hands on every toss while the ball is in the air – 25 times.
 - f. Right hand – one hand throw, one hand catch, repeat – 25 times. Repeat with left hand.
 - g. Go back and work on your off hand one more time – 25 times.

Performing this entire routine with both hands will take most players 15-20 minutes. Don't be discouraged if it takes you more time early on; you can start by setting a number less than 25 repetitions and work your way up. The most important thing is to be on the wall consistently and with a purpose. Give at least 20 minutes, 4 times a week, and push yourself to improve. You will see results.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

-- Aristotle