



WALL ROUTINE INDIVIDUAL STICK-WORK



NOTES:

- **20 MINUTE DRILL ROUTINE.**
- **DRILLS MUST BE PERFORMED WITH BOTH HANDS.**
- **ANY WALL WILL WORK, BUT A SMOOTH CONCRETE WALL AT LEAST 10 FEET IS BEST.**
- **USE OF GLOVES IS MANDATORY**
- **STAND APPROXIMATELY 5 YARDS FROM THE WALL.**
- **DRILLS SHOULD TAKE 20 MINUTES TO PERFORM.**
- **DEFENSEMEN CAN USE BOTH SHORT STICK AND LONG STICK.**

ROUTINE:

- ✓ **QUICK STICK – 50 TIMES RIGHT THEN 50 LEFT**
- ✓ **1 HAND (JUST USE YOUR TOP HAND) CATCH AND CRADLE 50 TIMES RIGHT AND 50 LEFT**
- ✓ **1 HAND QUICK STICK – 50 TIMES RIGHT AND 50 LEFT**
- ✓ **CATCH AND FACE DODGE – 50 TIMES RIGHT AND 50 LEFT**
- ✓ **SPLIT DODGE TO RIGHT HAND, THROW RIGHT, CATCH RIGHT 50 TIMES**
- ✓ **SPLIT DODGE TO LEFT HAND, THROW LEFT, CATCH LEFT 50 TIMES.**
- ✓ **QUICK STICK – CHANGE HANDS WHILE BALL IS IN THE AIR ON EVERY TOSS 50 TIMES EACH HAND**
- ✓ **CROSS HANDED – 50 TIMES EACH HAND**
- ✓ **BEHIND THE BACK – 50 TIMES EACH HAND**

**WISSAHICKON TROJANS LACROSSE
*BELIEVE-PERSEVERE-WIN***