

WALL BALL DRILLS

"Stick skills are by far the most important facet of the game of Lacrosse (true for all players, poles too). If you spend time working on the wall and following this routine I guarantee that you will become a better player. All great lacrosse players have spent hours and hours on the wall. What you do off the field is what will make you great! It's up to you to find a wall and get started and keep doing it. Good Luck!" - Ryan Powell #22

These drills must be performed in the correct manner. If your form is sloppy, such as letting the stick hang down off the shoulder, you will be slinging the ball and thus wasting your time. CORRECT FORM MUST BE ADHERED TO, OR YOUR EFFORTS WILL BE WASTED.

To become proficient in passing and shooting, the player must be able to propel the ball from the stick with the wrist "snap." Many beginning players pass and shoot with an arm motion, or "push" the ball, which causes the ball to leave the stick on a low trajectory resulting in a low pass or shot. An excellent way to develop the wrist snap is to utilize the wall. Go to a flat brick or concrete wall at least 10 feet tall, the longer the better. Stand approximately 3 to 5 yards away. Wear your gloves and helmet (get used to the view and feel).

DRILLS: (Beginners 30 reps with each hand)

1. 1 hand: catch and 1 cradle
2. 2 hands: catch and 1 cradle
3. 2 hands: quick stick (no cradle)
4. 2 hands: catch, face dodge, and throw
5. 2 hands: split drill - throw righty catch righty, split dodge to left hand, throw lefty catch lefty, split back
6. 2 hands: catch, fake, and throw

You must be at 50 reps with each hand before passing this point.

1. 2 hands: cross handed – catching across your body (see below) no switching of hands
2. 2 hands: behind the back
3. 2 hands: running along the wall throwing and catching
4. Be creative: if you get to this stage, you have earned the right to!

You can and will observe daily improvement if proper technique is maintained. Increase the reps as wrists become stronger. Aim for as many reps as possible with desired form, however. This is a lefty-righty work out. Attempt to do as many reps as possible. Remember, your goal is to strengthen the wrists, to become proficient in releasing the ball with the snap of the wrists, to gain hand speed, and to develop a quick release.

Do as much as much of this routine 4-5 times a week for 20 minutes. Beginning players should start at 30 reps with each hand before moving to a different part of the drill. Your goal should be to get through the entire drill (50 reps with each hand) with each hand in under 20 minutes. If you only get through part of the drill, it is easy to set a goal for next time. Listening to tunes may help you. Have fun!

Proper 1 hand technique: Wearing gloves, hold the stick in one hand at its balance point and then place the head of the stick in the "box" area next to the ear. Then with one hand higher than your shoulder, "snap" the wrist which will cause the ball to come out of the stick in a straight line and bounce off the wall straight back into the stick kept in the box area. This will be difficult at first. Do not take shortcuts. Keep the head of the stick in the box and not down off the shoulder.

Proper 2 hand technique: Wearing gloves, hold the stick with your top hand approximately half way down the shaft of the stick. Your opposite hand should cover the end cap. Snap the top wrist while bringing the bottom hand towards your dominant arm pit. This will help to keep your stick in a vertical position. Keep your top hand above your shoulder; try to keep the head of the stick in the box at all times. Passing is like casting a fishing line. Be ready for the ball to return in a hurry. Change your foot stance as you change your hands, that is lead with your left foot if passing from the right, and so forth. Stick protection is important.

Proper Cross hand technique: This is the similar to two hand technique. Hold the stick such that the dominant hand is across your body. The head of the stick should be kept in the "box" near the opposite ear. This will be awkward at first but only the advanced players will get to this stage.

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