



The following WALL WARRIOR workout should take no more than 30 minutes:

1. 50 Right-handed (throw right/catch right)
2. 50 Left-handed (throw left/catch left)
3. 50 Throw/catch right - switch hands (quickly) throw/catch left (alternating)
4. 40 Fake right/throw right; Fake left/throw left (20 each side)
5. 40 Throw right-catch left / throw left catch right (alternating - 20 each side)
6. 40 Quick sticks; (20 right, 20 left)
7. 30 Behind the back - throw behind, catch in front (15 right, 15 left)

**TOTAL REPETITIONS: 300**

### Wall War·ri·or - wôl wôrēər

**noun 1.** A lacrosse player who is dedicated to improving his/her stick work through individual workouts outside of regular practice and games. These workouts can be completed by playing catch with a partner, wall, or bounce-back.

WALL WARRIORS know that great stick work is an art which can only be developed through hard work, patience, and repetition.

A true WALL WARRIOR is able to play equally well both left-handed, and right-handed.

**More time on the wall  
means more time on the field**