

## Lacrosse Training on Your Own Outside of Practice

It is REALLY important to work on your lacrosse game throughout the entire week so you can improve your basic stick skills (cradling, passing, and catching). That will leave more time at practice to work on our game skills as a team (offense and defense). Even the BEST college and pro players still work on these skills every day.

Parents should watch these videos with their players.



**If we ALL put in this work, we WILL excel as a team and win games!!!**

**[Stick Skills \(Link\):](#)** (3 Days a week for at least 20 Minutes... 1 hour per week minimum.)

<http://youtu.be/OQdal9N32bM>

Watch this video to learn the proper techniques and some ideas for things to practice. Keep these things in mind during your practice:

- Work BOTH right handed and left handed every time
- Practice EVERYTHING while you are moving around and running (Don't just stand still)
- Practice ball protection (keeping it protected and away from a defender)

**[Wall Ball \(Link\):](#)** (2 Days a week for at least 30 Minutes... 1 hour per week minimum.)

<https://youtu.be/jCP5ze6OyKw>

Watch this video to learn the proper techniques and some ideas for things to practice. Find a Handball Wall at a park (Swenson has one) or find a large concrete wall on a building (Like a gymnasium). Keep these things in mind during your practice:

- Work BOTH right handed and left handed every time
- Try to go at least 20 times without dropping on each drill (This will take time)
- Work one drill, rest for 1-2 minutes, then switch drills
- Pick a particular spot on the wall and aim for it EVERY time
- Pick a spot high up on the wall so that the ball comes back to you on your stick side and up around your helmet. (Unless you are doing an off-handed catching drill)
- Get in a good rhythm of very smooth passes and catches like in the video