



Springboro Lacrosse 500 at 30 Challenge LIVE. LOVE. LAX

- ✓ 50 Right Hand
- ✓ 50 Left Hand
- ✓ 50 Side Arm Right
- ✓ 50 Side Arm Left
- ✓ 100 Throw Right Catch Left then throw Left and Catch Right (fluid motion back and forth)
- ✓ 50 Quick Stick Right
- ✓ 50 Quick Stick Left
- ✓ 50 One - Handed Right
- ✓ 50 One – Handed Left

Congratulations you have just completed 500 Wall Balls.

Bonus Round

- ✓ 25 Behind the back Right
- ✓ 25 Behind the back Left
- ✓ 25 Fake Right and Throw Left
- ✓ 25 Fake Left and Throw Right

The 500 at 30 Challenge was designed to help players of all ages improve their stick skills .

- The average lacrosse player in the U.S. will have about 15,000 touches over a 4 year period.
- This challenge enables every player to accomplish the same 15,000 touches in a matter of 30 days.
- Imagine the possibilities for those that take beyond the 30 day challenge!!!
- Follow this guide to ensure success in the coming season.
- By practicing these routines daily or at least a few times per week your stick skills will drastically improve and help you beat out the player next to you for that spot on the team.
- More importantly this will help you and your team build the necessary skills to become the best players in the state and if you have the drive...the country!

Equipment Needed

- 5 to 10 balls (If you drop one pick up next ball and keep going)
- Stick
- Gloves (keep gloves on during these sessions if possible)
- Brick Wall (YMCA has donated west side wall of YMCA for members)