MONA SHORES LACROSSE WALL BALL WORKOUT 1

This wall ball drill should be done with a short stick (mid or attack). That includes defenders and goalies. Position specific drills will be added at a later date.

You will need a wall with open space to run at least 25 yards. If done correctly it should take about 25-30 minutes. Do 1- times per week. Don’t forget to stretch first.

1. **50 reps Strong Hand (SH)**
2. **50 reps Off Hand (OH)**
3. **25 yard SH Cross body on the run**
4. **25 yard OH Cross body on the run**
5. **50 reps Throw Right (R), Catch R-Split Dodge-Throw Left (L), Catch L. (25 each hand)**
6. **50 reps Throw R, Catch L-Roll Dodge- Throw L, Catch L. (25 each hand)**
7. **25 Quick Stick SH**
8. **25 Quick Stick OH**
9. **25 reps SH w/ 1-2 fakes**
10. **25 reps OH w/ 1-2 fakes**
11. **50 Switches-Throw R-Catch L, Throw L-Catch R. (25 each hand)**
12. **50 Quick Stick Switches- Throw R-Catch L, Throw L-Catch R. (25 each hand)**
13. **Creative 5 minutes. Keep the ball moving quickly**

* ***Behind the back***
* ***Around the world***
* ***1 hand***
* ***Backhands (Canadian)***
* ***Shovels***
* ***Underhands***
* ***Between the legs***
* ***BTB catches***

1. **Stick Tricks. 5 minutes** (butt end taps, twisters, stalls, up and overs etc…)

Improve hand speed, hand/eye coordination and build a relationship with you, the stick and the ball.

Points of emphasis:

* Throw **HAND OVER HAND**
* Don’t be flat footed. **FEET FIRST!!!**
* **CATCH & MOVE** on 5 & 6
* Set a pace. This is a workout. You should get tired
* **CHALLENGE YOURSELF and HAVE FUN!**