

LACROSSE WALL DRILL SKILL SHEET

*ALL DRILLS MUST BE PERFORMED WITH BOTH HANDS

*ANY WALL WILL WORK, BUT A SMOOTH CONCRETE WALL AT LEAST 10 FEET TALL IS THE BEST SURFACE.

*USE YOUR GLOVES WHEN PERFORMING THIS ROUTINE

*STAND ABOUT FIVE YARDS FROM THE WALL TO START THEN MOVE BACK AND TRY THEM FROM AN FAR BACK AS 20 YDS.

*PERFORM THIS ROUTINE 4 TO 5 TIMES A WEEK FOR 15 TO 20 MINUTES, AND YOUR STICK SKILLS WILL IMPROVE QUICKLY.

1. RIGHT HAND QUICK STICK - 50 TIMES - THEN LEFT HANDED 50 TIMES
2. ONE HAND CATCH AND CRADLE 50 TIMES EACH HAND
3. ONE HAND QUICK STICK {NO CRADLE } 50 TIMES EACH HAND
4. CATCH AND FACE DODGE 50 TIMES EACH HAND
5. SPLIT DODGE - THROW RIGHT, CATCH RIGHT - SPLIT DODGE TO LEFT HAND AND THROW LEFT, CATCH LEFT AND SPLIT BACK RIGHT - 50 TIMES
6. QUICK STICK - CHANGE HANDS EVERY TOSS WHILE THE BALL IS IN THE AIR
7. CROSS HANDED - 50 TIMES EACH HAND
8. AROUND THE BACK - 50 TIMES EACH HAND
9. SIDE ARM AFTER A GREAT HARD FAKE - 50 TIMES EACH HAND
10. CHOKE UP QUICK STICK 50 TIMES EACH HAND & CHOKE UP REGULAR PASS 50 EACH
11. BE CREATIVE - DEVELOP YOUR OWN DRILL

NOTE: THIS ROUTINE SHOULD TAKE 20 TO 25 MINUTES - CRANK UP THE TUNES AND MAKE COMPETITION OF IT.