



**What's up lacrosse players! I have listed below the wall ball routine that I have been using throughout my career. Stick skills are by far the most important facet of the game of lacrosse. If you spend time working on the wall and following this routine I *guarantee* that you will become a better player. All great lacrosse players have spent hours and hours on the wall. Now that you have the program, it's up to you to find a wall and get started. Good Luck!**

**-Ryan Powell #22**

### **FOR BEST RESULTS**

1. Find a flat brick or concrete wall at least 10 feet high, the longer the better
2. Every drill that you do- do it with both hands
3. Always wear gloves when you are performing your routine- you play with gloves so why not practice with gloves
4. Stand 5-7 yards away from the wall
5. Perform this routine at least 4-5 times per week
6. Each routine should be at least 20 minutes in length- if you finish all drills in less than 20 minutes, repeat drills starting with the drill that challenged you the most
7. Listening to music always helps me work harder, so crank up the tunes
8. Have fun!

### **LACROSSE WALL BALL DRILLS**

1. **Quick stick** – 50 right, then 50 left (no cradle)
2. **One hand quick stick**- 50 right, then 50 left (no cradle)
3. **Quick stick**- change hands each time you throw the ball while the ball is in the air- 50 right, then 50 left ( no cradle)
4. **Both hand catch and cradle**- 50 right, then 50 left (one quick cradle)
5. **One hand catch and cradle** – 50 right, then 50 left (one quick cradle)
6. **Face dodge**- catch-face dodge-throw- 50 right, then 50 left
7. **Split dodge**- throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand- 50 right, then 50 left
8. **Cross handed**- 50 right, then 50 left- “cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (one quick cradle each time)
9. **Behind the back**- 50 right, then 50 left
10. **Develop your own drill** (Be creative and make sure you use both hands)