

## Wall Ball Routine: Keys to becoming a great ball handler

Looking to boost your skills prior to tryouts? This 30 minute routine will get you where you want to go. So strap on the gloves, throw on some headphones and make friends with the wall. Doing this everyday will greatly increase your lacrosse prowess. Look to do as many as

Philosophy: Number of repetitions = mistake cleaner

**One Handed Throwing** – Grab the lacrosse stick in the middle, turn your hips perpendicular to the wall, put your throwing arm elbow out at a 90 degree angle, parallel to the wall. Step, pointing your front toe and follow through with your throwing arm, snapping your wrist to complete the motion, creating a snap at the end of your throw.

**Focus:** work on the snapping of the wrist and turning of your hips

**Right Hand – One handed: 50 reps**

**Left Hand – One Handed: 50 Reps**

**Two Handed Throwing** – Using the same technique as the one handed throwing, bring the other hand up to the butt end of the stick. Point the butt end where you want to throw. Step, pointing your front toe and follow through. When catching, make sure to spread your hands to full shaft, with the top hand under the throat. Cushion the ball to your shoulder, exaggerating the cushion and turning your head slightly towards the head of the stick for protection.

**Focus:** following through on your pass, like pointing when you throw a baseball

**Right Hand – Two handed: 50 reps**

**Left Hand – Two handed: 50 reps**

**Two Handed Quick Stick** – With your hands at three-quarters, slightly turn your shoulders. Using the same motion as the throwing, only more compact, pass the ball to the wall. Cushion the catch down almost to your shoulder, then quickly re-pass the ball to the wall. This motion should be done mostly with the top hand.

**Focus:** Quickly releasing the ball from the stick, look out for subconscious cradling

**Right Hand – 50 reps**

**Left Hand – 50 reps**

**Catch Right, Throw Left the Switch** – Using the two-handed throwing motion, throw the ball against the wall with your right hand. Catch with the same hand, then perform a switch. To switch hands, make sure your shoulders begin turned to the right, then roll your left shoulder back, switch hands and put your right shoulder forward. Repeat with the left hand.

**Focus:** Quick hand exchanges, stick protection in passing motion

**50 Left and 50 Right – 100 Reps total**

**Behind the Back** – This drill is simpler than it seems and helps with flexibility and accuracy. Put your hands up as if you were going to throw a two-handed pass. With the top hand and arm, pull as if doing a bicep curl. The head of the stick will go behind your head and release the ball. For more power/accuracy on your behind the back, bring your hands closer together towards the bottom of your stick. The goal of this drill is to be able to aim your pass, bounce off the wall and catch.

**Focus:** flexibility, comfort with the stick

**Right Hand – 30 Reps**

**Left Hand – 30 Reps**

**Shooting at the Wall** – Shooting while at the wall is an important part of the workout. It helps to solidify shooting technique, without having to chase balls. Step back from the wall 20yard. When shooting, your front toe should be pointing at the wall. Arms need to be up and back, extended behind your normal passing stance. Eyes and front shoulder should be forward, pointing towards your target. The next motion should be one that starts with your hips turning, followed by your hands. Your shoulders will turn, with your chest facing the wall. Continue the follow through with your hips and arms, snapping your wrists at the end to gain speed. Upon completion of a shot, your stick should be pointing down and be next to your pivot foot. Your shoulders should be opposite the way they started, with your back facing towards the wall.

**Focus:** shot form and accuracy, pick a brick and hit it consistently

**Right Hand – 30 Reps**

**Left Hand – 30 Reps**