



LAKE HOUSTON LACROSSE “200 Reps” WALL BALL ROUTINE

– You will need a stick, ball, and preferably a brick wall, rebounder, or friend-

Before you start, during these exercises you will need to pick a spot on your wall and continue to hit the same spot throughout the workout. Also, keep in mind to pretend the ball is an egg and your feet should not be planted. Soft hands and light feet are key. Each repetition is crucial so make sure to not lose form throughout. The routine should be done daily and should not take more than 30 minutes to an hour, 3-5 times a week, which will give your boy at least 600-

1,000 reps a week. Have fun and know you are getting better with every rep!

- REPS – HAND – EXPLANATION

1. 25 – RIGHT – Pick a spot on the wall and hit that same spot 25 times while holding the stick in your right hand. One cradle in between passes to ensure ball is in the pocket.
2. 25 – LEFT – Same drill as (#1) using left hand only.
3. 25 – Right to Left / Left to Right – Throw the ball right-handed, catch the ball right-handed, then switch to your left hand, keeping your stick in tight to your body as you switch, think stick protection. Once in your left hand repeat the process until you are back to your right. https://www.youtube.com/watch?v=qE3KjJiU_o4 (EXAMPLE)
4. 25 – RIGHT – Quick Sticks – Same drill as (#1) but with NO CRADLE. The objective is to try to catch the ball and get it out accurately as quick as possible. Soft hands are a must. <https://www.youtube.com/watch?v=tkZ29eQGf8A> (EXAMPLE)
5. 25 – LEFT – Quick Sticks- Same drill as (#4) with left hand. For most of us our left is our weak hand which makes it harder to do. Slow the drill down to make it easier.
6. 25 – THROW RIGHT CATCH LEFT / THROW LEFT CATCH RIGHT – Throw the ball with your right hand, when the ball has left your stick, switch hands and catch the ball. https://www.youtube.com/watch?v=Q2bSP-IfWwM&list=PLhox9DPJLZzgk2Pgvh3nEY9dU_99YEBWe&index=7 (EXAMPLE)
7. 25 – RIGHT – One Handed – One hand near the middle or lower third of your stick. The same motion as throwing a baseball. Focus on snapping the wrist for more wrist strength. https://www.youtube.com/watch?v=clVs1-XUEEs&list=PLhox9DPJLZzgk2Pgvh3nEY9dU_99YEBWe&index=15 (EXAMPLE)
8. 25 – LEFT – One Handed – Same drill as (#7) with left hand.