

Hello Wolfpack Lacrosse players. Here is a routine I came across years ago by one of the all-time great lacrosse players Ryan Powell. What I like most about this routine is that the first 3 sets emphasize quick stick/soft hands—they key to mastering lacrosse throwing and catching fundamentals. This routine is just a suggestion. You can always change the number of reps you want to do, or add a different skill that you want to work on. For example, if you are new to the sport you can lower your reps to 25 instead of 50, and work your way up. Regardless of what you choose to do on the wall, practice and consistency will elevate your game to the next level.

FOR BEST RESULTS

1. Find a flat brick or concrete wall at least 10 feet high, the longer the better.
2. Every drill 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 2-3 times per week.
6. Each routine should be at least 30 minutes in length- if you finish all drills in less than 30 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!

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- 25 right, then 25 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 to use both hands)

Remember, this should be fun. And this is a great way to spend 30 minutes when you are taking a break from homework!

Have Fun and Go Wolfpack!