

WALL BALL

wallball

*RIGHT HAND CATCH & CRADLE	50 REPS
*LEFT HAND CATCH & CRADLE	50 REPS
*RIGHT HAND QUICK-STICK	50 REPS
*LEFT HAND QUICK-STICK	50 REPS
*RIGHT HAND QUICK-STICK-PUMP FAKE & SHOOT	50 REPS
*LEFT HAND QUICK-STICK-PUMP FAKE & SHOOT	50 REPS
*SPLIT DODGE-THROW RIGHT, CATCH RIGHT SPLIT DODGE TO LEFT HAND-THROW LEFT, CATCH LEFT, SPLIT DODGE TO RIGHT HAND	25 REPS R/L
*QUICK STICK-CHANGE HANDS ON EVERY CROSS WHILE THE BALL IS IN THE AIR	25 REPS R/L
*CROSS-HANDED	25 REPS R/L
*BEHIND THE BACK	25 REPS R/L

PRACTICE TIPS

1. Perform all drills with both hands.
2. Any wall will do, but a smooth concrete wall at least 10' high will work the best.
3. Use your gloves when working the wall.
4. Stand about 5 yards from the wall.
5. Perform this routine 15 to 20 minutes per day, four or five times a week, YOUR STICK SKILLS WILL BEGIN IMPROVING IN A VERT SHORT TIME.

I learned this drill in April, 1966, from Coach Tom La Puma (Cortland State University). Coach La Puma was possibly one of the best lacrosse players I have ever seen. It was a privilege to be coached by him.

Your success as a player will improve directly proportional to how much extra stick work you do.

Coach Armstrong