



ADVANCED WALL WIZARD

The ADVANCED WALL WIZARD is an individual workout for Scorpion Lacrosse players who are dedicated to significantly improving his/her stick work outside of regular practices. These workouts are best completed in front of a rigid wall and/or by playing catch with a friend or family member. The ADVANCED WALL WIZARD workout encompasses approximately 800 repetitions and should take no more than 45 minutes.

Each drill should be completed with both hands, starting with the player's weak hand. For example, in Drill #1 (Basic Throw and Catch), the player should throw and catch with his or her left hand 25 times and then switch to throw and catch with their right hand 25 times.

#	Drill	Quantity
1	Basic Throw & Catch	25
2	Throw, Catch Opposite Hand	25
3	Throw, Catch Over Shoulder	25
4	Splits (Left, Left Split, Right, Right Split)	25
5	Fake Near	25
6	Fake Far	25
7	Double Face	25
8	Move Closer 5*5	25
9	Long feeding	25
10	Twister	25
11	One-hand low throw	25
12	Low to high shots	25
13	One-hand quick stick	25
14	Quick Stick	25
15	Around the World	25
16	Behind the Back	25

I certify that _____ playing on the _____
Team has completed the WALL WIZARD workouts as described above

Parent's Signature _____ Date _____