



U11 and U13 WALL WIZARD

A WALL WIZARD is a Scorpion Lacrosse player who is dedicated to improving his/her stick work through individual workouts outside of regular practices and games. These workouts can be completed by playing catch with a parent or friend or in front of a wall or bounce back. Workouts are done on a player's own time so practices can be devoted to team play. A WALL WIZARD knows that great stick work is an art that can be developed only through practice and repetition. A true Scorpion WALL WIZARD is able to play equally well both Lefty and Righty.

This season is your chance to become a Scorpion WALL WIZARD (and earn helmet decals or ribbons for completing individual workouts.

Every three (3) workouts earn you one (1) Scorpion WALL WIZARD helmet decal or ribbon. Players with the most WALL WIZARD decals or ribbons will rule the field and be recognized with a special award at the end of the season.

The following WALL WIZARD workout should take no more than 30 minutes:

1. 50 Righty throws, Righty catches, aim for the box area or target on the wall
2. 50 Lefty throws, Lefty catches, aim for the box area or target on the wall
3. 50 throw/catch Left, split Right; throw/catch Right, split Left keep alternating
4. 50 fake Right/throw Right; fake Left/throw Left, (25 each side)
5. 50 Quick sticks; (25 each side, Righty and Lefty)

TOTAL REPETITIONS: 250

Workout Date	Workouts Completed

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

Parent's Signature _____ Date _____