

Granite Bay Youth Lacrosse **BALL** **BEAST**

Program (U9 - U11)

A Grizzlies **BALL BEAST** is a Lacrosse player who commits to improve their individual stick work in the off-season and outside of regular practices and games. These workouts can be completed by playing catch in front of a wall or bounce-back, or by playing catch with a parent or friend.

Workouts are done on a player's own time and are particularly valuable in getting a player ready for their next spring Lacrosse Season. A true **BALL BEAST** knows that great stick work is the essential ingredient of Lacrosse and it can only be developed through practice and repetition. They also know that a **BALL BEAST** can play their stick equally from both the left and right side.

The 2010 off-season is your chance to become a Grizzlies **BALL BEAST** and earn helmet decals for completing individual workouts. Every three (3) workouts below earn you one (1) **BALL BEAST** helmet decal. The **BALL BEAST** with the greatest number of decals per team will win a free Lacrosse shaft to start their 2011 season!

The following **BALL BEAST** workout should take no more than 20 minutes:

1. 50 Righty throws, Righty catches – aim for box area or target on the wall
2. 50 Lefty throws, Lefty catches – aim for box area or target on the wall
3. 30 throw/catch Left, split Right: throw/catch Right, split Left – keep alternating
4. 30 fake Right/throw Right; fake Left/throw Left – 25 each side
5. 30 Quick-sticks – 25 each side, Right & Left

TOTAL REPETITIONS: 190

I certify that _____ going into _____ grade has
Player's Name Grade

completed _____ # of **BALL BEAST** workouts as described above.

Parent's Signature _____ Date _____



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