

# Granite Bay Youth Lacrosse Ball Beast Program

## Parent Certification

### (U13 - U15)

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. This off-season is your chance to become a Grizzlies BALL BEAST.

Next February, we will measure levels of proficiency for each team based on a certification test to prove your stick skills and earn helmet decals for completing individual workouts.

**Every three (3) workouts below earn you one (1) BALL BEAST helmet decal. Level Three Certification will earn a GB lacrosse tee shirt, Level Two will earn a GB lacrosse jacket and Level One will earn a \$100 lacrosse gift card!**

The following Ball Beast workout should take no more than 30 minutes:

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

TOTAL REPETITIONS: 250

ADDITIONAL OPTIONAL WORKOUTS:

- 50 One-hand quick-sticks – 25 each side, Right & Left
- 50 throw Left, split Right: catch right (change hands each time ball is in air)
- 50 Behind the back - 25 Right & 25 Left
- 50 Face Dodge - catch, face dodge, throw - 25 Right & 25 Left

I certify that \_\_\_\_\_ in \_\_\_\_ grade (2011-12 school year) has completed \_\_\_\_\_ (enter total #) of BALL BEAST workouts as described above.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_