

Granite Bay Youth Lacrosse Ball Beast Program Parent Certification (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. 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 20 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
- 30 throw/catch Left, split Right: throw/catch Right, split Left – keep alternating
- 30 fake Right/throw Right; fake Left/throw Left – 15 each side
- 30 Quick-sticks – 15 each side, Right & Left

TOTAL REPETITIONS: 190

ADDITIONAL OPTIONAL WORKOUTS:

- 30 One-hand quick-sticks – 15 each side, Right & Left
- 30 throw Left, split Right: catch right (change hands each time ball is in air)
- 30 Behind the back - 15 Right & 25 Left
- 30 Face Dodge - catch, face dodge, throw - 15 Right & 15 Left

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

Parent Signature: _____ Date: _____