



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Lax Wall/Rebounder Drills

Objective:

Drills that can be done by an individual to improve their stick skills in a short period of time.

Suggested space needed/equipment:

Wall or lacrosse rebounder.

Players needed:

One.

Description of Drill-Execution

Drill Fundamentals

1. Do each drill with right hand, then the left before moving on to the next one.
2. Younger Players: 25 Times for Each Drill with Each Hand
3. Older Players: 50 Times for Each Drill with Each Hand
4. Front Switch: After catching the ball the player quickly moves the stick in front of his face to the opposite hand, and throws with the other hand. The head of the stick should stay high, that is go from one ear to the other. Example: the player catches right, switches to his left, and throws left. Then he catches left, switches to his right, and throws right, etc.
5. Back Switch: Player catches right handed, absorbs the ball and brings stick close to chest, spins clockwise so his back is to the thrower, continues the spin, switches to the left hand and then throws with the left. Next time he catches left handed, absorbs the ball and brings stick close to chest, spins counter-clockwise so his back is to the thrower, continues the spin, switches to the right hand and then throws with the right. This is the move that an attackman does when he changes directions behind the goal.

Drill Set

1. Quick stick: (2 hands on the stick, top near the throat, bottom hand near the middle of the stick, absorb ball behind ear, no cradle, stick parallel to the ground, throw). Opposite foot forward: 1 hand catch, cradle then 2-handed throw (absorb and have the correct foot forward).
2. Quick stick: catch and throw with one hand only.
3. Catch right, face dodge, throw right. Repeat with the left hand.
4. Catch right, face dodge, throw right. Repeat with the left hand.
5. Catch/hard Fake/throw.
6. Throw right, catch left (Remember to absorb) then throw, catch right.
Try to throw it so that you don't have to cradle when you catch. The ball should be thrown so it can be caught next to the ear, absorbed, and thrown like a quick stick
7. Split Dodge: Throw right/ catch right/ front change to left/ throw left/ catch left/ front change to right etc.
8. Quick Stick: change hands on every toss while ball is in the air.
9. Cross handed: catch and throw with hands on "wrong" side. Hold ball with right hand high and near the throat. Cradle the ball to the left ear without switching hand positions, then throw with the right hand high and the head of the stick over the left shoulder. Catch in the same position. Repeat with the left hand throwing with the head of the stick over the right shoulder.
10. Sidarm shooting/feeding: fake overhand and pull back and throw sidarm. Get the butt end toward the target, step. For now, go for a square of the net in the middle so you don't have to chase balls all day if you miss the corner.
11. Overhand shooting (both hands): think "hips, shoulders, hands". The wrist snap at the end will generate extra speed, but the step and turn of the hips is the real power. Don't put the stick on your shoulder, use a bit of a "three-quarters" shot that's closer to straight overhand, but leaning toward the sidarm.
12. Being the back.
13. "Feeding."
14. Start with the stick in the left and then back to the rebounder, spin right (protecting the stick close to the chest. Don't change hands until you see the target), feed quickly with the right hand, catch the ball with the right hand. Then repeat spinning to throw with the left hand.

Skills practiced

1. Absorbing the ball when catching, looking the ball into the pocket, switching hands quickly.
2. When throwing they should focus on getting the top hand near the ear, stick parallel to the ground, throwing accurate passes, throwing touch passes.
3. Learning those skills with both hands.

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. The kids don't have to do each drill every day. To keep it interesting, pick a few and change each time they go out.
2. As they improve they should strive for perfection. If they are going to do each drill 50 times then it should be 50 times without a drop or error. If there is a drop or error then the count returns to zero and they don't move on to the next drill until they complete 50 perfect reps with each hand.
3. Be creative, make up their own moves and drills.

Goalie involvement:

Same as the other players. Can Face a wall and have a friend stand behind him, throw the ball at the wall and he must save it. This will improve reaction time.

Related drills:

(place names of other related drills in the reference section here)