



RENEGADES WALL WIZZARD



A WALL WIZARD is a Renegades 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 which can be developed only through practice and repetition. A true Renegades WALL WIZARD is able to play equally well both Lefty and Righty.

The following WALL WIZARD workout should take no more than 20 minutes:

**50 Righty throws, Righty catches
aim for the box area or target on the wall**

**50 Lefty throws, Lefty catches
aim for the 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, Righty and Lefty)

TOTAL REPETITIONS: 190