

## Wall Ball Test – All Age Groups

Aspiring Eagle Claw Wall Ballers can earn their Shooter Shirts by completing the Eagle Claw Wall Ball test for their respective age group (shown below). Please know it is very unlikely a player will pass the test without spending a fair amount of time on the Wall Ball drills recommended for his age group. Every player in the Eagle Youth Lacrosse Program is capable of earning the shooter shirt; however, it will require hard work and dedication. Please encourage your son to put in the time working on the wall. He will not only earn the Wall Ball Eagle Claw shirt, he will become a better, more confident lacrosse player.

### U9 Age Group: (short stick only)

	<u>Right</u>	<u>Left</u>
One hand	5	5
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Drops allowed	4	
Time limit for shirt	2 min.	

### U11 Age Group: (short stick only)

	<u>Right</u>	<u>Left</u>
One hand	5	5
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Two hand - Canadian	5	5
Drops allowed	3	
Time limit for shirt	2 min.	

**U13 and up - short sticks:**

	<b><u>Right</u></b>	<b><u>Left</u></b>
One hand	5	5
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Two hand - Canadian	5	5
Two hand - BTB	5 (strong hand only)	
Drops allowed	2	
Time limit for shirt	2 min.	

**U13 and up - D-poles:**

	<b><u>Right</u></b>	<b><u>Left</u></b>
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Two hand - catch & roll	5	5
Two hand - shovels	5	5
Drops allowed	2	
Time limit for shirt	2 min	