12 Hands of Lacrosse - Wall Ball Challenge

Day / Reps

Day of the week Saturday 4/12/2015 Divisions U9, U11, U13 and Skill Level: 1st year, 2 plus years

No. of Reps Wallball.cusabolax.org/ $5.00 Entry Feeper player, all proceeds go toward winning prizes

	Week 1					Week 2					Week 3					Week 4					Week 5					Week 6				
Wall ball 12 Hands of Lacrosse 1.0	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. Half Cradle, Throw Right																														
2. Half Cradle, Throw Left																														
3. One-Handed Top Hand Right																														
4. One-Handed Top Hand Left																														
5. Quick Stick Right																														
6. Quick Stick Left																														
7. Cross-handed Right (aka Canadian)																														
8. Cross-handed Left																														
9. Behind the Back Right																														
10. Behind the Back Left																														
11. Around the World Right																														
12. Around the World Left																														
Wall ball 2.0																														
13. Fake, Face Dodge, Shovel Pass Right																														
14. Fake, Face Dodge, Shovel Pass Left																														
15. One Hand Bottom Hand Right																														
16. One Hand Bottom Hand Left																														
17. Drop Back Pass Right, Add Roll Away																														
18. Drop Back Pass Left, Add Roll Away																														