

## Dickinson Lacrosse

### Wall Ball

**(attention to detail, footwork and effort matter)**

- a. One cradle and out – do not square to the wall, turn sideways and catch and throw from deep  
Shoulder. Overhand!  
Right – 25 reps  
Left – 25 reps
  
- b. ONE-HANDED - one cradle and out – same footwork and alignment as above. Overhand!  
Right – 25 reps  
Left – 25 reps
  
- c. Face dodge – throw and catch with same hand, quick face dodge with step forward, re-set and repeat.  
Overhand!  
Right – 25 reps  
Left – 25 reps
  
- d. Split dodge – catch the ball with one hand and split to the other hand, throw with that hand and reverse...  
Make sure to step and stay north-south. Overhand!  
Right – 25 reps  
Left – 25 reps
  
- e. Hard fake +  $\frac{3}{4}$  - catch the ball stepping forward, throw a wrist fake and fire the ball around defender with  $\frac{3}{4}$  release. Re-set and repeat.  
Right - 25 reps  
Left - 25 reps