

SYL Players and Parents,

Few things are as important to a lacrosse player's development as mastering their stick skills, with both hands! This doesn't happen in the few hours a week you're at practice; you must create a habit of training at home.

Our Wall Ball Challenge provides players a grade-specific routine to assist in training at home, as well as an incentive (other than being the best player you can be) to keep at it!

- Each month we'll send out an email with a new Wall Ball Routine for that month.
- Each Routine includes **3 exercises**, with instructions, to complete in one session.
- Complete **3 sessions a week**, no time limit, no requirement to complete an exercise or session consecutively without drops (but drops don't count to your total).

Use the Chart provided to record your progress for the month.

When a player completes the chart, simply reply to the "Wall Ball Routine" email for that month, adding the player's name and grade, and we will record their success... no need to include the chart, we trust our players!

Don't rush it. Don't stress about dropping the ball. The objective is simply to have the player regularly completing reps, accurately and with attention to form! The exercises can be done on a bounce back or wall at home, or on a wall at a school or somewhere close to home.

- Every player that completes the routine each month will:
- Receive a SYL Wall Ball Helmet Sticker
- Be entered into a raffle to select a prize from the Swag Bag.

One player in every grade, every month, will get a pull from the Swag Bag! The Swag Bag is full of custom strung and dyed heads, shafts, full sticks, gloves, arm pads, shoulder pads, and SYL shooter shirts and other swag! Go hit the wall!

SYL Coaches