

Wall Ball Drills

Wall ball drills will greatly improve your ball handling/stick skills.

Try to do 3 times a week. 15-20 minutes each time.

Always wear your lacrosse gloves to keep it real.

Drills 1-10 should be performed 3-5 yards from wall. 20 repetitions each.

1. **One handed**--hold the stick at its balancing point in your right hand.
 - Left foot forward. Stick should be near your right ear.
 - Snap and throw the ball so it comes back to your stick.
2. Repeat Drill 1-left side.
3. **Close up, quick stick**, right handed throws.
 - Keeping your right hand at its balancing point, add your left hand to the bottom of the stick.
 - Left foot forward, use torso as you throw the ball.
 - Stick should be near your right ear.
4. Repeat Drill 2-left side.
5. **Close up, catch, and cradle** right handed throws. (one quick cradle)
 - Keeping your right hand at its balancing point, add your left hand to the bottom of the stick.
 - Left foot forward, use torso as you throw the ball. Stick should be near your right ear.
6. Repeat Drill 5-left side.
7. **Close up, quick stick, off hand** throw and catch.
 - Throw right, catch left. Cradle back to right and repeat.
 - (Square up too wall)
8. Repeat Drill 7-left side.
9. **Throw, catch and dodge.**
 - Throw right, catch right, dodge left, repeat.
10. Repeat Drill 9-left side.
11. Try A-E if time permits. Otherwise go to 12.
 - A. Mid range Quick Stick. Right and Left. 5-10 yards from wall.
 - B. Long range Overhand Throw. Right and Left. 10-15 yards from wall.
 - C. Long range Overhand Throw with reach back. 10-15 yards from wall.
 - D. Give and go. Use a comfortable distance. Increase as you improve.
Run along wall and practice throwing and catching on the run.
 - E. Behind the back. Right and left.
12. **Cradle the ball.** Left hand bottom of stick and left hand below your waist.
Cradle by right ear. Open fingers, close fingers. Keep stick by head.
13. Repeat left side.
14. **Cradle the ball while lying on your back.** 50-100 each hand.
You will notice a difference when you run with the ball.