

Catching and throwing backhanded is an increasingly fundamental part of the game. Working on face-dodge techniques (below) is a valuable part of an intense wall-ball workout.

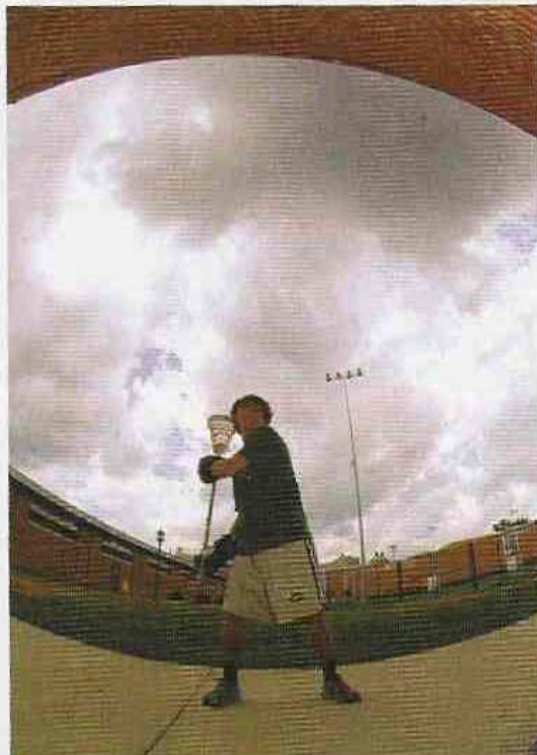
simulate forced feeds in the crease and around the cage. Or square off for a set of backhanded quick-sticks.

### Split Dodge

(25 reps right, 25 reps left)

A wall ball fallacy is that the exercise is one only of throwing and catching. Really, the wall is an ideal place to perfect your split and face dodges, too. You're already moving laterally — why not work the split in?

Again, fundamentals are key. When using a split dodge, there should always be at least one hand on the stick — you're not just tossing the stick from one hand to the other. Worstell calls it a "golden rule" of the split dodge that "your bottom hand tells your top hand, 'Get out of there. I'm coming through.'"



Throw right, catch right, dip over to your left; throw left, catch left, dip over to your right. Do this 25 times on each hand, using the same shuttle-type movement as mentioned above, practicing the transfer of hands so that it happens tight across your face. As Worstell says, if fundamentals are sound, "you should hear the stick whizzing by your ear."

### Face Dodge

(25 reps right, 25 reps left)

Ditto. Make sure that when you whip the ball across your face, you're doing so from ear-to-ear, and not exposing your stick outside of that tight semicircle. This also means having the right throwing mechanics to receive the ball in this position.

### Behind the Back

(25 reps right, 25 reps left)

These days, behind-the-back passes and shooting are considered fundamental. While you can square off



to the wall, the perpendicular stance is probably more appropriate since you're seldom facing the target when throwing behind the back. Regardless, for this to be an effective drill, you must continue releasing from behind your ear for the return to be catchable. **LM**

—For more wall-ball practice tips, Peter Worstell's "Basic Wall Work" video is available for sale at the US Lacrosse Online Store. Visit [www.uslacrosse.org](http://www.uslacrosse.org) and click on "Go Shopping."