STA Middle School Lacrosse Wall Ball Routine

This routine should be done 3-4 times per week in the offseason and 2-3 times per week in season

Players must wear gloves and helmet when doing wall ball.
Consider using video to self-evaluate

Close & Quick: Start within a stick length of the wall. Work toward 2-3 reps per second.

Works on creating "soft hands".

1. Quicksticks: RH 3 x 1 minute. No cradle, hands high
2. Quicksticks: LH 3 x 1 minute. No cradle, hands high
3. Quicksticks: RH 1-handed 2 x 1 minute. Hand off of shoulder, focus on wrist snap.
4. Quicksticks: LH 1-handed 2 x 1 minute. Hand off of shoulder, focus on wrist snap

Longer & Stronger: Start 10-15 yds from wall. Throw harder at a higher point on the wall. Hit the same spot each time. Minimize arc in throws. Avoid getting too far away from the wall.

Works on consistency and necessary pace of passes

1. RH Passes: 25 consecutive catches. Hips pointed, catch loaded, minimum cradle.
2. LH Passes: 25 consecutive catches. Hips pointed, catch loaded, minimum cradle.
3. R → L Splits: 25 catches. Feet are moving.
4. L → R Splits: 25 catches. Feet are moving.
5. Catch & Roll: 40 Reps. Catch, hand switch while rolling, throw with opposite side.

Fancy Feast: move slightly closer to the wall.

Works on navigating angles of passes/catches and stick preparation for catching

1. RH Twisters: 25 reps. Face dodge into a pass, both hands on the same side of body.
2. LH Twisters: 25 reps. Face dodge into a pass, both hands on the same side of body.
3. RH Behind the back: 10 reps. Top hand side goes directly behind same side of head.
4. LH Behind the back: 10 reps. Top hand side goes directly behind same side of head.
5. RH Around the world: 10 reps. Top hand crosses face to go behind far side of head.
6. LH Around the world: 10 reps. Top hand crosses face to go behind far side of head.

At this point, you will have roughly 1000 touches. Stacking days of 1K touches will lead to mastery - though true mastery depends heavily on deliberate practice rather than mindless repetition.

Extra (optional) More complexity & ball tracking

1. RH Shovels: 15 reps
2. LH Shovels: 15 reps
3. RH 2-ball passing: 15 reps
4. LH 2-ball passing: 15 reps
5. RH Catch behind the back: 15 Reps
6. LH Catch behind the back: 15 Reps

For Internal Use - Internal