



TROJAN YOUTH LACROSSE- WALL BALL ROUTINE

Feet shoulder width apart, relaxed position, about 1-2 yards away from wall. Do each repetition 20x, 10x, 5x, and 2x. After each set, you will increase your speed. Each exercise must be done with both hands. ALWAYS start NONDOMINANT.

BASIC Stick Work:

- cradle/throw/catch
- throw/catch/switch hands
- underhanded throw/catch/cradle
- low rebounds: roll against wall and pick up ground ball off the bounce

INTERMEDIATE Stick Work:

- one handed
- throw/catch – no cradle (quick stick)
- over/throw from weak/catch strong (across the body/awkward)
- throw right, catch left (switch – throw left, catch right)
- high passes: hand at butt of stick (draw practice)

ELEVATED Stick Work:

- over/throw weak/catch weak
- fake high/throw side arm/catch
- throw between the legs, catch underhand
- throw behind the back/catch (BTB)
- high rebounds: throw low and grab with one hand off bounce
- Twizzler passes