



Phone 623-486-8988

www.glendalelax.com

## **Advanced Wall Ball 2013**

For Best Results:

- \* Find a flat brick or concrete wall (Racquetball courts work best) at least 10 feet high, the longer the better
- \* Every drill that you do - do it with both hands. Example, 25R/25L means 25 repetitions with right then left hands.
- \* Always wear gloves when you are performing your routine - you play with gloves so practice with gloves
- \* Pick a spot, try to nail it every throw
- \* Stand 5-7 yards away from the wall to start, 10 or more as you warm up. Always catch the ball on the fly. No lobs - pass quick and strong. Snap your wrist.
- \* Each routine should be at least 20 minutes in length- work in order and challenge yourself. Work your off hand, see how many you can do consecutively, repeat drills that are tough for you, etc.
- \* Deliberate Practice – Work on what you don't do well until you can . . .then perfect it
- \* Have fun!

### Standard Lacrosse Wall Ball Drills

1. Wrist Snap – 25R/25L – Accuracy - One hand at balance point of stick, place the head of the stick in the "box" area next to the ear. Then with one hand, "snap" the wrist which will cause the ball to come out of the stick in a straight line and bounce off the wall straight back into the stick kept in the box area. This will be difficult at first. Do not take shortcuts. Keep the head of the stick in the box and not down off the shoulder, elbow away from side. *Flat stance* – both shoulders facing wall, feet shoulder width apart.
2. Vertical Pass – 25R/25L – Accuracy - Hold the stick with your top hand approximately half way down the shaft of the stick. Your opposite hand should cover the end cap. Snap the top wrist while bringing the bottom hand towards your dominant arm pit. This will help to keep your stick in a vertical position. Try to keep the head of the stick in the box at all times. Passing is like casting a fishing line. Be ready for the ball to return in a hurry. *Flat stance*.



Phone 623-486-8988

www.glendalelax.com

3. Bottom Hand Pull – 25R/25L – Power – Begin with stick horizontal over ear, butt end and elbow facing target. As you bring the stick down release top hand and pull bottom hand hard toward opposite hip. Follow through very important. Get stick back in a position to catch rebound quickly. *Power stance* – step with opposite foot toward target, torque builds from legs, to hips, then shoulders to arms. Drop step to catch, stick side.
4. Both Hand Catch and Cradle - 50 – Basic Stick Work - Stick horizontal over ear, butt end and bottom hand elbow facing target, top hand elbow away from ribs. Throw right catch left, throw left catch right. One quick cradle to seat ball in pocket. Heavy emphasis on absorbing the catch, smooth transition from left to right hand, arm extension, and weight exchange. *Power stance* - switch between throws.
5. One Hand Catch and Cradle – 50 – Basic Stick Work – Same as Both Hand Catch and Cradle (4), but single hand in middle to top portion of stick. Switch hands while ball is in the air. *Power stance* - switch between throws.
6. Quick Stick – 25R/25L – Basic Stick Work – See Vertical Pass (2) for form. Very important skill for fast passes and shots inside. No cradle, absorb ball, return as fast as possible. Push yourself to achieve 60 per minute = 1 per second, then try switching hands while ball is in the air. *Flat stance*.
7. Cross Handed (Canadian) - 25R/25L – Advanced – “cross handed” means catching or throwing from the opposite side. Stick in right hand on the left side of body, or stick in left hand on right side of body. Great skills for the ability to catch an errant pass, or steal an opponent’s pass without having to switch hands. Throw across body as if you were switching hands to catch. Keep stick in same hand, cross over chest similar to a vertical cradle, catch and pull stick back to proper side to throw again. Push yourself to also throw cross handed. *Flat stance*.

#### Adding Movement

8. Passing on the Run – 25 – Advanced - Pass the length of the wall, right hand as you run right, left as you run left – do not stop at the end of the wall. Throw behind yourself, turn, switch hands, and catch with the opposite hand as you move in the new direction. First walk, jog, then run. Add Behind the Back (13) passing as you progress.



Phone 623-486-8988

www.glendalelax.com

9. Over The Shoulder - 10R/10L – Advanced – Same form as Cross Handed (7). Essential skill for catching the ball while moving away from the passer. Throw the ball high on the wall, turn and jog away while keeping an eye on the ball and glancing to where you are going. Power stance
  
10. Face Dodge / Fake - 25R/25L – Advanced – See Both Hand Catch and Cradle (4) for form. A face dodge is actually a fake by pulling your stick across your body as if changing direction and making a quick stab toward that direction. But, instead the player continues in the same direction – hopefully after the defender buys the fake and transfers their weight for a moment. In this drill, sell the face dodge or any fake before throwing back to the wall – be creative – change it up each time – don't be readable. Remember with a fake less is more. Don't over extend the stick; instead use your eyes, head, wrists, elbows, etc. Power stance
  
11. Split Dodge - 25 – Advanced – See Both Hand Catch and Cradle (4) for form. Throw right, catch right then switch hands as you move left parallel to the wall. Throw left, catch left then switch hands as you move right parallel to the wall. At first focus on the smooth transfer of the stick without dropping the ball. Once you get this down, the transfer should be below the belt buckle – under the defenders stick. This is done by keeping the stick vertical, and then pulling it toward the opposite side with your free hand. This is a pro move that is worth the time to master.
  
12. Roll Dodge - 25 – Advanced – See Both Hand Catch and Cradle (4) for form. Throw right, catch right then switch hands, roll to your right keeping your stick vertical one handed as you move left parallel to the wall. After completing the roll square up and throw left, catch left then switch hands, roll to left. Open hand should be locked in the defensive position – elbow away from rib, hand facing ground, thumb out ready for stick transfer. Form is the key to this drill, start slow and make sure your open hand is in the defensive position.
  
13. Behind the Back (BTB) - 25R/25L – Advanced – When used correctly BTB can get you a goal when the goalie's guard is down, or you are past the pipe. Although called behind the back, you actually finish the shot behind the neck. With your bottom hand across your body to the opposite shoulder, your top hand pulls the stick behind your neck. Pick a spot so that you don't move to catch the rebound back in front of your body – repeat for both left and right.



Phone 623-486-8988

www.glendalelax.com

When you can hit a spot consistently add velocity by pushing the bottom hand as well as pulling the top hand. This is the reverse of a normal throw.

14. Reverse Stance – This is a warm up drill to work on using your torso as part of the torque build up for shooting, and also good for hand / eye coordination. Set up in a Power stance facing away from the wall. Turn your body around so that your opposite shoulder and elbow now faces the wall. Do not move your feet to catch or throw. Hit a target 10 times and switch. If you are lucky enough to be on a racquetball court – simply turn each time and play against both side walls

## Challenge

Using gloves, all reps are consecutive. If you miss – start over.

### Minimum expectations for Youth Player (Under 6th grade)

- \* (#4) Both Hand Catch and Cradle – 15R/15L
- \* (#5) One Hand Catch and Cradle - 15R/15L
- \* (#6) Quick Stick - 15R/15L – 30 seconds

### Minimum expectations for Middle School Player (6th to 8<sup>th</sup> grade)

- \* (#4) Both Hand Catch and Cradle – 30R/30L
- \* (#5) One Hand Catch and Cradle - 30R/30L
- \* (#6) Quick Stick – 30 in 60 seconds

### Minimum expectations for High School Player (9th to 12th grade)

- \* (#4) Both Hand Catch and Cradle – 50R/50L
- \* (#5) One Hand Catch and Cradle - 50R/50L
- \* (#6) Quick Stick – 50 in 60 seconds