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# Wall Ball 101

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## **For Best Results:**

1. Find a flat brick or concrete wall (Racquetball courts work best) at least 10 feet high, the longer the better
2. Every drill that you do - do it with both hands
3. Always wear gloves when you are performing your routine – Unless you intend to play in a game without gloves . . .
4. Stand 5-7 yards away from the wall
5. Perform this routine at least 4-5 times per week
6. Each routine should be at least 20 minutes in length - or 1,000 reps.
7. Deliberate Practice makes you better – Meaning practice what you can't do until can do it. As an example, your non-dominant hand.
8. Always pick a spot and hit that spot. The smaller the better. If you have a broken stick they make great targets.
9. Challenge yourself – Make up your own drills!

## **Lacrosse Wall Ball Drills:**

- Quick Stick – 50 right, then 50 left (no cradle)
- One Hand Quick Stick- 50 right, then 50 left (no cradle)
- Quick Stick- Switch Hands each time you throw the ball while the ball is in the air- 50 right, then 50 left (no cradle)
- Catch and One Cradle - 50 right, then 50 left (one quick cradle)
- One Hand Catch and Cradle – 50 right, then 50 left (one quick cradle)
- Face Dodge- catch-face dodge-throw- 50 right, then 50 left
- Split Dodge- throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand- 50 right, then 50 left
- Cross Handed- 50 right, then 50 left- “cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (one quick cradle each time)
- Behind the Back- 50 right, then 50 left
- Extra Credit; 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. Switch hands and catch with the opposite hand. Add behind the back passing as you progress. Start with 10 reps then add as you progress