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Salisbury University **Wall Ball Test**

Below is the Wall Ball Test used by Coach Jim Berkman (All-time winningest coach in NCAA men's lacrosse history, 480-51 (.904) over 29 years!) to prepare his players during the fall of 2016.

Baseline

- You will start with a few balls at your feet
 - You may start as close as 5yds from the wall
 - You will be tested with gloves AND helmet
 - Your goal for the FALL will be 5:15 minutes. This time will change for the Spring!
1. **25 Right Hand One Cradle & Out**
 2. **25 Left Hand One Cradle & Out**
 3. **25 Cross Hand Right** (Face Dodge, then throw cross handed, catch with stick back in the box)
 4. **25 Cross Hand Left**
 5. **25 Quick Stick Right**
 6. **25 Quick Stick Left**
 7. **15 Strong (1) Hand Catch and Cradle**
 8. **15 Weak (1) Hand Catch and Cradle***POLES SEE BELOW for substitution**
 9. **15 Split Dodges** (Throw right, catch right, split, throw left, catch left, split – Counts as 1)
 10. **15 Switching Hands Quick Sticks** (Throw across body, switch hands while ball is in air after each throw, throw right catch left, throw left catch right)

***POLES For #8, you will throw 15 Strong Hand back-handed shovel passes