

### **Wall Ball Routine**

The following stick drills should be used daily in the off-season and several times per week during the season. Once you master your stick (which takes a lot of dedication) the rest of your game will fall into place with much less frustration. Stick with it!

This routine is from **Women's Lacrosse: A Guide for Advanced Players and Coaches** by **Janine Tucker, Head Coach, Johns Hopkins**.

**Sequence 1 and 2**–Basic Toss and Catch – Using proper hand positioning and throwing mechanics complete sets right and left-handed.

**Sequence 3 and 4**– Catch and Cradle – Continue the basic toss and catch, but after each catch, add a face dodge and cradle. Complete sets right and left-handed.

**Sequence 5 and 6**– Backhand Throw – Using a right hand grip, make a back hand pass (from the left side) and catch right-handed. Repeat sets left-handed.

**Sequence 7**– Catch and Switch – Basic toss and catch, but add a twirl and had switch. Toss and catch alternating hands.

**Sequence 8**– Catch and Switch off the Hip – Similar to the Catch and Switch, but toss and catch off the hip with a sidearm motion. Continue the twirl and switch and alternate hands.

**Sequence 9 and 10**– Toss and Catch High – Using a grip at the bottom of the stick, toss and catch high. Complete sets right and left-handed.

**Practice does not make perfect Perfect practice makes perfect.**

**Great study habits, healthy diet, plenty of rest, dedicated practice, time management, and the willingness to sacrifice = success.**

**Good luck with your lacrosse season**

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