

Working the Wall

The absolute best way to improve your game and skill development is to gain proficiency with your stick. Whether your aspirations are goalie, midi or attackman, ball control is essential to becoming a skilled lacrosse player.

Without question working with stick and ball against a wall will quickly improve your game. The beauty is "working the wall" doesn't involve others....simply just you, the wall and your ball (not a whole bucket) 30 minutes a day. It will dramatically improve your stick control, passing, shooting, catching, cradling and eye hand coordination.

There are several different exercises you should work repeatedly each day at the wall.

Quick Stick: For this drill stand 10 to 15 feet from the wall. Execute 50 right handed throw and catches without cradling the ball. Immediately after completing 50 throw and catches do the same with the left. Always do it both left and right. You must learn to use your stick on both sides. Three things will be accomplished with quick stick work. Your ability to throw and catch left and right will greatly improve, timing will speed up, and your eye hand coordination will improve. This will enable you in game situations to dramatically improve passing and shooting.

Passing: Tape a box on the wall approximately the height of your shoulder and 2'x2' then back up to 30 to 40 feet from the wall. Go right then left with 25 throws each way. Aim for the spot on the wall shoot/pass the ball at that mark, the ball will bounce once on the way back, catch, cradle and follow up with the next throw. When you have performed 25 the one way switch and go with the other hand.