



Hudson Lacrosse Wall Ball Routine

The wall should be every lacrosse players best friend. This routine should take about 20 minutes to complete.

Things to remember

Don't stand square to the wall! Point your right or left shoulder at the wall.
Make sure you don't stand still! Step when you throw (opposite foot), Jog in place.
We never stop moving our feet when we play.
HAVE FUN!

Right Handed Catch and Throw: x 50 (without dropping)

Left Handed Catch and Throw: x 50 (without dropping)

Throw Right Catch Left: x 50

Throw Left Catch Right: x 50

Quick Sticks Right Handed: x 50

Quick Sticks Left Handed: x 50

"One Hoppers"

Instructions: throw the ball against the wall...let it bounce once, pick up the GB, throw and repeat
x 50 Right Handed
x 50 Left Handed

Behind the Back x ?

THE BEST LACROSSE PLAYERS WORK THE HARDEST WHEN NO ONE IS WATCHING