

Wall Drills

Find a solid wall, any wall will do (no windows) and practice these drills 3-5 times a week for 20 minutes at a time per drill (no more). All drills should be done while wearing gloves. **All drills should be repeated first with the right hand and then with the left hand.** Turn on some music and have some fun!

1) Quick Stick Rapid Fire Drill 1

Hold the stick in one hand at its balance point. Stand about 3-4 yards from the wall. With one hand, snap your wrist to throw the ball at the wall. The ball will come straight off at the wall and bounce right back to your stick. Try to keep the head of the stick just above your shoulder (about ear level). Repeat this 50 times with your right hand then do the same thing with your left hand. **NO CRADLING.** Try and aim for the same block on the wall each time. If you want, you can make a square (8 x 8in) on the wall with tape and aim for this.

2) Quick Stick Rapid Fire Drill 2

Hold the stick with two hands. The top hand should be about halfway down the shaft and the bottom hand should cover the end cap. Stand about 3-5 yards from the wall. Throw and catch the ball **WITHOUT CRADLING.** Repeat this 50 times with your right hand then do the same thing with your left hand

3) Quick Stick drill 3

Same as drill 2 but change hands each time you throw the ball while the ball is in the air- 50 right, then 50 left (**NO CRADLE**)

4) Basic Throw and Catch Drill 1

This drill is the same as the Quick Stick Rapid Fire Drill 2 above, however you should add one cradle between each throw, 50 right then 50 left.

5) One had throw, catch and cradle

Same as rapid fire drill #1 above, but add one quick cradle 50 right then 50 left.

6) 12 Yard Passing Drill

Hold the stick with two hands. Stand about 12 yards from the wall. Start with 50 right hand throws. The ball should come back to you on one bounce. Catch the ball off the bounce, cradle once and throw again. 50 right then 50 left

7) Face dodge catch and throw

Throw right (no bounce, 2 handed), catch right, face dodge, throw off the dodge catch and face dodge again. You can add moving in and out at the wall a couple steps each time. 50 right then 50 left.

8) Split dodge catch and throw

Same as drill 7 but instead of the face dodge, do a split dodge. Throw right, catch right, split dodge to the left, throw left, catch left and split back to the right. 50 right and 50 left.

9) Running along the wall

Just like it sounds. With the stick in your right hand and away from the wall, run along the length of the wall throw at an angle as you run and catch with no cradle and no bounce (like a give and go). When you reach the end, switch to your left and run back the other way. Run as fast as you can go while under control (i.e. no drops). 50 right and 50 left.

Bonus:

- * 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 the body (one quick cradle each time)

- * Behind the back- 50 right, then 50 left

- * Develop your own drill (Be creative and make sure you use both hands)