

Off-Season Steps to Success



Description

Follow this guide to ensure success this coming season. By practicing these routines at least twice a week your stick skills will drastically improve and help you beat out the player next to you for that spot on the team. Going as hard as you can in these drills are important and beneficial to your success as a player.

Equipment Needed

- Bag of at least 25 lacrosse balls (if not more)
- Stick
- Protective gear
- Goal
- Brick wall (or any wall you can throw against)

Progressions

Wall Ball

- Add more repetitions to each step
- Lower your hand down the pole when doing one-handed
- Add in Around-the-World passes

Shooting

- If you have a partner have them feed you and vice-versa
 - Or have them defend you while shooting
- Add in a fake before every shot
- Do every shot listed on the move

Wall Ball Routine

- ✓ 25 right hand
- ✓ 25 left hand
- ✓ 25 side arm right
- ✓ 25 side arm left
- ✓ 30 catch right throw left, throw left catch right
- ✓ 25 quick stick right
- ✓ 25 quick stick left
- ✓ 15 one-handed right
- ✓ 15 one-handed left
- ✓ 15 BTB right
- ✓ 15 BTB left

* BTB = behind the back

** Challenge yourself to get through the routine without a break or a dropped pass!

Shooting Routine (100 shots total)

When doing this routine remember to aim for corner and hip shots; vary your placement.

- 10 overhand right
- 10 overhand left
- 10 side arm right
- 10 side arm left
- 10 bounce right
- 10 bounce left

- 10 on the move right
- 10 on the move left
- 5 $\frac{3}{4}$ side arm rip shots right
- 5 $\frac{3}{4}$ side arm rip shots left
- 5 BTB rolling crease right
- 5 BTB rolling crease left