



Seneca Valley Lacrosse Wall Ball Routine

1. All drills must be performed with your gloves and helmet on. Be comfortable playing with your gloves on.
2. Any wall or rebounder will work. If you use a wall, please select one without windows. SVLA has also invested in a wall at Lindner Field at Cranberry Park for use by all lacrosse players.
3. Stand about seven to eight yards away from the wall.
4. After each catch, set yourself in “triple threat position” before throwing again.
5. Catch with a “quiet stick” and no extra cradles – one cradle and out.
6. Perform the routine two times (2x) per day, 5 times a week.

7. DRILLS:

1. Ten (10) Catch Right, Throw Right
2. Ten (10) Catch Left, Throw Left
3. Ten (10) Catch Right, Throw Left
4. Ten (10) Catch Left, Throw Right
5. Ten (10) Right Hand Twister
6. Ten (10) Left Hand Twister
7. Ten (10) Right Hand Quick Stick
8. Ten (10) Left Hand Quick Stick
9. Five (5) Right Hand One Handed
10. Five (5) Left Hand One Handed
11. Five (5) Right Hand Shovel
12. Five (5) Left Hand Shovel
13. Five (5) Strong Hand Behind The Back

A video demonstrating these techniques above can be found at <https://www.youtube.com/watch?v=-Rnoo2aiPEw&feature=youtu.be>. Attackmen should complete the above drills in under 2:20 minutes. Middies should complete the above drills in under 2:30 minutes. Longpoles should complete the above drills in under 2:45 minutes.

In order to become a better lacrosse player, you must CHOOSE to spend the time to improve your stick skills. “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle

