

Spotsylvania County Lacrosse Club

The Wall Drill

"Your Lacrosse Stick Should Become Part of Your Body!"

To become proficient in passing and shooting, the player must be able to propel the ball from the stick with the wrist "snap." Many beginning players pass and shoot with an arm motion, or "push" the ball, which causes the ball to leave the stick on a low trajectory resulting in a low pass or shot. An excellent way to develop the wrist snap is to utilize the wall. Go to a cinderblock or brick wall and stand approximately 3 to 5 yards away. Any wall will work (no windows in the immediate area), but a smooth concrete surface at least 10 feet tall is the best.

You can and will observe daily improvement if proper technique is maintained. Increase the reps as wrists become stronger. This is a lefty-righty work out. Attempt to do as many reps as possible. Remember, your goal is to strengthen the wrists, to become proficient in releasing the ball with the snap of the wrists, to gain hand speed, to develop a quick release, and to strengthen your form.

Perform this routine 4-5 times a week for 15-20 minutes (no more). Beginning players should start at 30 reps with each hand before moving to a different part of the drill. Your goal should be to get through the entire drill (50 reps, using right then left) with each hand in less than 1 minute. If you only get through part of the drill, it is easy to set a goal for next time.

Proper 1 hand technique:

Wearing gloves hold the stick in one hand at its balance point and then place the head of the stick in the "box" area next to the ear. Then with one hand, "snap" the wrist which will cause the ball to come out of the stick in a straight line and bounce off the wall straight back into the stick kept in the box area. This will be difficult at first. Do not take shortcuts. Keep the head of the stick in the box and not down off the shoulder. Remember proper technique is essential; cheat here and you only cheat yourself.

Proper 2 hand technique:

Wearing gloves hold the stick with your top hand approximately half way down the shaft of the stick. Your opposite hand should cover the end cap. Snap the top wrist while bringing the bottom hand towards your dominant arm pit. This will help to keep your stick in a vertical position. Try to keep the head of the stick in the box at all times. Be ready for the ball to return in a hurry. Change your foot stance as you change your hands, that is lead with your left foot if passing from the right, and so forth.

Proper Cross hand technique:

This is the similar to two hand technique. Hold the stick such that the dominant hand is across your body. The head of the stick should be kept in the "box" near the opposite ear. This will be awkward at first and is definitely considered an advanced technique.

DRILLS: (Beginners 30 reps with each hand)

1. 1 hand: catch and 1 cradle
2. 2 hands: catch and 1 cradle
3. 2 hands: quick stick
4. 2 hands: split drill -catch righty, switch and throw lefty/ catch lefty switch and throw righty
5. 2 hands: catch, face dodge, and throw
6. 2 hands: catch, fake, and throw

You must be at 50 reps with each hand before passing this point. Remember that's 50 reps in less than one minute. Also, don't be afraid to challenge yourself. Can you make 60 reps with your dominant hand in a minute, how about 60 reps with your non-dominant hand?

1. 2 hands: cross handed
2. 2 hands: behind the back
3. 2 hands: running along the wall throwing and catching.

Be creative: if you get to this stage, you have earned the right to!

Remember the above must be performed in the correct manner, that is: stick in the box, overhand motion, wrist snap. If your form is sloppy, such as letting the stick hang down off the shoulder, you will be slinging the ball and thus wasting your time. **CORRECT FORM MUST BE ADHERED TO, OR YOUR EFFORTS WILL BE WASTED.**