

Wall Work

These stick-work exercises should be done on all off days throughout the season and as often as possible during the off-season. It can be done as "catch" with another player but using a wall is preferable.

All exercises should be done approximately 5-10 yards from the wall or as close as needed to be successful, increasing the distance as the child becomes more comfortable. Of course, all of this can be modified to make it more or less difficult (closer/further from wall, more/less reps. etc). The non-dominant work will obviously take time to get consistent success. For our age group the base routine should be altered to take no more than 15 minutes.

Variations of this routine are used throughout high school and college (i.e. There is no point in a player's career where this work is no longer necessary). If at any point a routine gets too easy, it should be modified slightly to make it more challenging.

Base:

- 20 Right/20 Left
 - One cradle between catch & throw.
- 20 Right Quick/20 Left Quick
 - No cradle between catch & throw
- 40 Switch
 - Throw right, catch right, switch hands, throw left, catch left. No cradle. (20 each hand)
- 20 Right/20 Left Backhand
 - Opposite hand on top of stick

More Advanced:

- 40 Quick Switch
 - Throw right, switch hands & catch left. Throw left, switch hands & catch right. (20 each hand)
- 20 Right/20 Left 1 Hand
 - One handed throw and catch. Closer to wall. Hand close to head of the stick. One cradle between catch & throw.