

# St. Mary's Lacrosse

## Skills and Wall Drills

### Notes

- Use your gloves when performing this routine.
- Stand about five yards away from the wall.
- Any wall will work, but a smooth concrete wall is best.

### Expectations

- HS players - 50 of each
- MS players - 35 of each
- Youth players - 20 of each
- Goalies – 30 of strong hand only

### Routine (All drills must be performed with both hands)

- Two-handed: catch, 1 cradle, throw
- Two-handed: quick stick
- One-handed: catch, 1 cradle, throw
- One-handed: quick stick
- Two handed (face dodge): catch, face dodge, throw
- Two-handed (split dodge): throw right, catch right, split dodge to left hand – then throw left, catch left, and split back to right-hand (double this number)
- Quick Stick – Change hands on every toss while the ball is in the air.

### Extra

- Two handed – behind the back
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### Thoughts

- This routine takes about 15 to 20 minutes. Crank up your radio and have some fun.