T	ORTHINGTON
	LACROSSE

- 1. Find a flat brick or concrete wall at least 10 feet high, the longer the better
- 2. Every drill that you do- do it with both hands
- 3. Always wear gloves when you are performing your routine- you play with gloves so why not practice with gloves
- 4. Stand 5-7 yards away from the wall
- 5. Perform this routine at least 4-5 times per week
- 6. Each routine should be at least 20 minutes in length- if you finish all drills in less than 20 minutes, repeat drills starting with the drill that challenged you the most
- 7. Listening to music always helps me work harder, so crank up the tunes

Date	Quick Stick R / L	One Hand R / L	Pulls R / L	Switch back / forth	Bad Pass R / L	Behind the Back R / L
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