

Roswell High School Individual Off -Season Training Routine

Four day a week schedule

Position: **Attack**

Day 1

Wall ball (500 throws)

- Strong hand 100x
- Weak hand 200x
- Behind the back, strong hand 50x, weak hand 50x
- Quick Sticks, strong hand 50x, weak hand 50x

Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Shooting (200 shots)

- Positional shooting ,strong hand 25x, weak hand 25x
 - *This is to be performed from a place where you would normally be shooting the ball (i.e. 5 yards about GLE, 7 yards out from the goal). Choose 3 corners and shoot to each corner 25x with your strong hand. Then change to the other side of the goal and switch hands to your weak hand and shoot to each corner 25 x. (150 shots total)
- Quicksticks
 - *Stand on the crease and work on your quicksticks. Make sure to change planes; do not always go high to high, or near side to near pipe. Shoot 25 with your strong hand and 25 with your weak hand.

Day 2

Wall ball (500 throws)

- Strong hand 100x
- Weak hand 200x
- Bad passes, strong hand 50x, weak hand 50x
 - *Throw the ball with your right hand so it bounces off the wall to the left side of your body. Catch the ball by keeping your stick in the right hand and bringing it across the body. Try to catch it and bring it across your face in such a way that no cradle is needed before you throw again.
- Around the worlds, strong hand 50x, weak hand 50x
 - *Right handed: bring the stick in front of your face and around your back so that when you release the ball the stick is behind your back but on the right side of your body.

Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Shooting (150 shots)

- Dodge from behind, turn the corner
 - *Start behind drive to X throw a dodge, run to the "island" (a spot 4-5 yards above GLE and 4-5 yards out from the pipe) turn and shoot. 25x with your strong hand and 25 x with your weak hand. (50 shots total)
- Dodge from behind, finish the question mark
 - * Start behind drive to X throw a dodge to the left side of the cage, run to the "island", once there instead of turning and shooting with your left hand you turn to the left and switch the stick to your right hand, jump and shoot at the goal. Reverse this for left hand. 25x with your strong hand and 25x with your weak hand. (50 shots total)
- Dodge from behind, inside roll

*Start behind drive to X throw a dodge to the left side of the cage, run to GLE about 1-2 yards away from the crease, plant and inside roll, get above GLE and shoot the ball without exposing your stick (work on using your body to provide protection). 25 with your strong hand and 25 with your weak hand. (50 total)

Day 3

Wall ball (500 throws)

- Strong hand 100x
- Weak hand 200x
- Below the waist, 50 strong hand, 50 weak hand
 - *catch and throw everything below the waist
- Flips, 50 strong hand, 50 weakhand
 - * put your back to the wall and flip the ball underhand to the wall and catch it.

Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Shooting (150 shots)

- Catch and shoot (time and room), 25 strong hand, 25 weak hand
- Catch 1 fake and shoot from cross crease, 25 strong hand, 25 weak hand
- Cross crease quick sticks, 25 strong hand, 25 weak hand

Day 4

Wall ball (500 throws)

- Strong hand 100x
- Weak hand 200x
- Switch hands after every throw, 100 total
- Fake across body then throw, 50 strong hand, 50 weak hand

Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Shooting

- Make your own drill
 - *Either choose 3-4 drills from the previous days or create your own. Make sure to make them game like situations, do not stand around and shoot! The key is to be creative. Do things you would not do in a game. Work on behind the backs on the crease, work on diving over the crease (and not landing in it) while getting a shot off, work on catching a bad pass (catch across the face) and finishing it backhanded, etc... The goal is to become extremely comfortable with your stick!!