

**Roswell High School Individual Off -Season Training Routine**  
**Four day a week schedule**

**Position: Midfield**

**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. top left corner of the box 5 yards in from restraining line). Choose 3 corners and shoot to each corner 25x with your strong hand. Then switch hands to your weak hand and shoot 25 to each corner. (150 shots total)
- Dodge from up top and shoot on the run, 25 strong hand, 25 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)

- Catch and shoot (time and room), 25 strong hand, 25 weak hand
- Catch and shoot on the run, 25 strong hand, 25 weak hand
- Dodge from up top and shoot on the run, 25 strong hand, 25 weak hand

**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 (300 shots)

- Dodge from top, plant, roll and shoot, 25 strong hand, 25 weak hand
- Quicksticks on crease, 25 strong hand, 25 weak hand
- Dodge from up top and shoot on the run, 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!!