

# Mission Lacrosse Club

## Girls Lacrosse Stickwork

These wall ball drills are designed to hone your stick skills. These are routines but you may also get creative and have fun with it. Try things you are now only imagining and get to know your stick. In all cases pick a target on the wall as your aiming point and hit it, just like when you pass to a teammate's stick.

Stand close to the wall for most of these. The drawback is you can't work on your follow through as you keep your stick up ready to catch the return bounce. To work on your follow through stand farther back and catch it after one bounce.

### Close To Wall (Catch In The Air):

- 20 right handed passes, single cradle between each catch.
- 20 left handed passes, single cradle between each catch.
- 20 catch, switch & throw passes.
- 20 right handed quick sticks.
- 20 left handed quick sticks.
- 20 right handed throws to weak side catch. (Same hand at top).
- 20 left and throws to weak side catch. (Same hand at top).

### Far From Wall (One Bounce):

- 20 ground balls.
  - Throw the ball low at base of wall to simulate a ground ball.
- 20 overheads.
  - Throw the ball at the ground inches in front of the wall to get a high ricochet. Catch at highest point and wrap around it on way down.
  - Advanced, extend high one handed and make the catch.

### Other Things To Try:

- Tape an X on the wall and see how many times you can hit it.
- Passing and catching on the move. Can run in and pass or run along wall.
- Isolate the arms. Sit or kneel so no weight transfer. Focus on push & pull.
- Behind the back passing. (BTB).
- Around the world passing. (ATW).
- One handed passing. (Slide hand down for max difficulty).

### [Stick Tricks \(Click For Video\):](#)

Motorcycle, Sidewall Catch, Sidewall catch into roll down shaft and catch with thumb, Butt Bump & Catch, Flip/Shaft Bump & Catch, Rainbow. *Many, many more out there.* Search wall ball or stick tricks on the internet to see what other lacrosse players do.

***Remember be creative and have fun.***