

## WALL DRILLS

- I. All drills must be performed with **both hands**.
- II. Any wall will work, but a smooth hard wall at least 10 feet tall is the best. Of course, only use **outside walls!**
- III. **Use your gloves** when performing this routine.
- IV. Stand **five yards** from the wall.
- V. Perform this routine **4 to 5 times** a week for **15 to 20 minutes** and your stick skills will improve a great deal in a very short amount of time.
- VI. **NOW HERE ARE THE DRILLS:**
  1. Left hand quick stick - 50 times (then right hand)
  2. Left hand - 1 handed catch & cradle 50 times (then right hand)
  3. Left hand - 1 hand only quick stick 50 times (then right hand)
  4. Left hand catch & face dodge - 50 times (then right hand)
  5. Split dodge - throw left, catch left, split dodge to right hand then throw right catch right, split back to left hand - 50 times
  6. Quick stick - change hands on every toss while ball is in the air
  7. Cross handed - 50 times (then right hand)
  8. Around-the-back - 50 times (then right hand)
  9. Side arm after a great hard fake - 50 times (then right hand)
  10. Be creative - develop your own drill