

IXLACROSSE

Fundamentals: Stick Work

Wall Ball Routine

Drills performed approximately 3 to 5 yards away from the wall.

Proper 1-hand technique:

Your gloves must be worn during these drills. Hold the stick in one hand at its balance point and then place the head of the stick in the "box" area next to the ear. Then with one hand, "snap" the wrist which will cause the ball to come out of the stick in a straight line and bounce off the wall straight back into the stick kept in the box area. This will be difficult at first. Do not take shortcuts. Keep the head of the stick in the box and not down off the shoulder.

Proper 2-hand technique:

Your gloves must be worn during these drills. Hold the stick with your top hand approximately half way down the shaft of the stick. Your opposite hand should cover the end cap. Snap the top wrist while bringing the bottom hand towards your dominant armpit. This will help to keep your stick in a vertical position. Try to keep the head of the stick in the box at all times. Passing is like casting a fishing line. Be ready for the ball to return in a hurry. Change your foot stance as you change your hands. In other words, lead with your left foot if passing from the right, and so forth. Stick protection is important.

Proper Cross hand technique:

This is similar to two-hand technique. Hold the stick such that the dominant hand is across your body. The head of the stick should be kept in the "box" near the opposite ear. This will be awkward at first but only the advanced players will get to this stage.

DRILLS: (Start with 30 reps with each hand)

- 1 hand: catch and 1 cradle
- 2 hands: catch and 1 cradle
- 2 hands: quick stick
- 2 hands: split drill -catch righty, switch and throw lefty/ catch lefty switch and throw righty
- 2 hands: catch, face dodge, and throw
- 2 hands: catch, fake, and throw

You must be at 50 reps in the above sequence with each hand before passing this point.

- 2 hands: cross handed
- 2 hands: behind the back
- 2 hands: running along the wall throwing and catching.
- Be creative: if you get to this stage, you have earned the right to!

Remember: the above sequences must be performed in the correct manner, that is: stick in the box, overhand motion, wrist snap. If your form is sloppy, such as letting the stick hang down off the shoulder, you will be slinging the ball and thus wasting your time.

CORRECT FORM MUST BE ADHERED TO, OR YOUR EFFORTS WILL BE WASTED.