

Short Stick Wall Ball Routine

Modified version of Pat Myers (North Carolina)/Paul Carcaterra's (Syracuse / MLL) routines

Wall Ball” is the single most effective training technique that was implemented in my game, and the one that I preach first and foremost to any aspiring player I come in contact with. “WALL BALL” is the one aspect of training that can help an individual develop and be the sure handed ball control player, regardless of position, that every team needs. -Paul Carcaterra

Perform with gloves on. Lead shoulder pointed at the wall every time. Never square. Develop muscle memory of good habits. Players committed to massive success will restart a phase if they drop a pass.

Phase 1-One handed

Line up around 3-5 yards from the wall. Elbow up and snap your wrist down. This is the best to develop hand and wrist strength with a lacrosse specific exercise and the foundation of all types of two handed throws. 25 throws each hand.

Phase 2- Quick Stick/Rapid Fire

Line up around 3-5 yards from the wall. First, 50 right hand throw and catches without cradling. After completing 50 right hand throw and catches, do the same with your left. Did you notice I didn't mention starting with your strong hand? With “wall ball” anything you do right, you follow up left. This stage is great because it allows you to work on quick sticks, hand eye coordination, and one timing. You will become better about getting rid of the ball in a timely fashion without even noticing it by practicing this stage.

Phase 3- Cross handed passing

Line up 5-6 yards from the wall. Point butt end at the wall and snap the ball off. Develops push pull motion for regular passing and helps you practice a way of throwing if you ever find yourself in a weird position. 20 throws

Phase 4- Off stick catching

Line up 5-6 yards from the wall. Throw ball right handed so it arrives back on your off stick side. Move the stick across your face to catch the ball. 20 throws each hand.

Phase 5-12 Yard Passing

Line up 12 yards from the wall. Start with 25 right hand throws, which will come back to you on one bounce. When you retrieve the ball from the one bounce, cradle once, then follow-up with the next throw. When you have completed 25 right handed throws, follow-up with 25 left.

Phase 6-Throwing & Catching on the Run

This may be my favorite and most helpful stage. First I start lined up 5-7 yards from the wall on the far left side of the wall. I begin this stage with the stick in my right hand and while I am running alongside the wall (towards the other end), I throw and catch the ball on the run. The important part is to throw the ball on the run and not always catching the ball stick side. I like to do this during every stage. Do you always get a pass stick side? No. Therefore, in your training you should throw the ball against the wall and catch it cross hand (or across your face). After I run one length of the wall, I run back to the other end throwing lefty (doing the same thing I did with my right). Keep repeating these steps. This stage should be done for about 5-7 minutes. If wall isn't long enough, passing out of a split dodge.

Phase 7-Shooting

Line-up around 12-15 yards from the wall. Get in proper shooting formation (hands loose, three quarter/overhand motion, snapping of the hips, and following threw) mark a few places on the wall with tape to aim at. Shoot at about 80% velocity, having the ball come back to you with one bounce. Depending on where you aim, the ball may take bounces that aren't the same, so you have to work a little bit. Start with 25 right, and follow up with about 25 left.

Phase 8-Pass and Switch

This stage really allows you to work on hand-eye coordination and stick transferring. I begin by setting up roughly 7 yards from the wall. I start with the stick in my right hand. With proper stick technique I pass with my right hand and instantly switch to my left hand and catch the ball with my left hand. I then pass with my left and catch with my right. I switch every time until I throw 25 times with both hands.

Phase 9-Trickery

This stage is fun. This is a great time to practice behind the backs (make sure you are not following through too much. Step in the direction you are aiming, and the behind the back motion is only about a foot, with the head of your stick ending up hitting the top part of your arm near your shoulder). 20 behind the backs each hand. 20 shovel shots.

Phase 1 – One handed 25 R, 25 L

Phase 2 – Quick sticks 50 R, 50 L

Phase 3 – Cross handed 25 R, 25 L

Phase 4 – Off stick catching 25 R, 25 L

Phase 5 – 12 yard passing 25 R, 25 L

Phase 6 – On the run 5-7 minutes' worth or 50 R, 50 L depending upon wall

Phase 7 – Shooting 25 R, 25 L

Phase 8 – Pass and switch 25 R, 25 L

Phase 9 – BTBs 20 R 20 L, shovels 20 R, 20 L

Long Pole Wall Ball Routine

Created by D3 player of the Year Tommy Kehoe

I never understood defenseman who reasoned, based on their position; they did not need stellar stick work. There is nothing more disappointing, or frustrating, than watching a defenseman who can play good body position, but can't effectively participate in the team clear. Beyond clearing the ball, stick work is the basis for take away checks, because the single most important factor is being comfortable with your stick and as trite as it sounds, it really needs to feel like an extension of the body. For an LSM, stick work is one of our staples, and here are some tips on how to improve your game. These are basic drills, to make it more fun, mix in your own flavor.

Standard repetition is 50 each hand; I would recommend doing these with a short stick and long pole. I always go helmet, gloves, Nikes. For beginners, definitely start your routine with a short stick to increase reps, but try it with a pole too so you get a feel for the difference. For advanced players, switch on and off as you see fit.

You want your stick work to be as smooth as possible. I find that a lot of mediocre players have extra cradles, twists, twirls, and pumps ingrained into their throwing/catching motion. You should be able to bring the ball into your stick and release it in the same motion, or as Coach Janczyk put it, the form becomes formless.

Stick Work

1. Quick 5 minute warm up, make sure the mesh is feeling it, I get in a quick toss so my hands are tuned for the fast stuff.

2. Right handed throw

Make sure you are stepping with your opposite foot; you really need to stress the basic fundamentals here, force yourself to step. Repeat lefty.

I'D RECOMMEND A SHORT STICK FOR THESE NEXT PARTS (3-5):

3. Right handed quick sticks

Get your hands choked up and stand about 4-5ft from the wall. As soon as the ball touches your head, it should be on its way out. I stand with my feet staggered, opposite (left) foot out in front, basically a frozen step, which gives you the necessary balance. Repeat lefty, switch footing.

4. Right handed one handed catch

Throw the ball normally, but catch it one handed, using the top hand to guide the ball into the stick. This is similar to catching an egg, you need a soft, giving catch. This will improve your ability to catch properly, eliminating any snapping motion. Repeat lefty.

5. Right handed one handed throw

Throw the ball with only your right hand on the stick; you may want to lower its positioning on the stick towards the butt end to increase your leverage. These do not have to be rockets. Again, force yourself to step opposite foot. You do not want to do this using your elbow as the fulcrum point, snapping the stick as if you are hammering something. You want to reach back, as if you're throwing a pitch or casting a fishing line, so you can use your back and shoulders for power come game time. Repeat lefty.

6. Right handed cross handed throw

With the stick in your right hand, you want to bring the stick across your face, and throw the ball from the left side of the body. This is seen a lot in the NLL and from Canadians in general; I used to call it the public school left. This may seem unnecessary, because you rarely throw from this position, especially as a long stick, but this contributes to your ability to handle the ball in your stick in uncomfortable positions. Repeat lefty

7. Split dodge

Throw righty, catch righty, split left, throw left, catch left, and split back to the right. Repeat. I do this in two phases. I work on the speed at which I can switch hands, basically just switching my footing, but not moving anywhere side to side. The element to focus on is how fast you can switch your hands. After a 100 or so of that, Ill re-do the drill, but this time I'll split 3-4 steps to my left and right, exploding off the switch as if I was going to the cage or avoiding pressure. Sometimes, exaggerating the motions will dramatically improve your technique. You need to do this with some enthusiasm, personally I think it's A-fun, B-badass, C-unbelievably useful during the game.

8. Roll Dodge

We are not attackmen and we do not roll the same way they do, we have much more stick to protect. Throw right, catch right, roll to the left, and throw left, that's the premise, but let's talk technique. The roll dodge is extremely important to perfect, we will often have to roll back or away from pressure to clear the ball. A good roll dodge keeps your body between the opponent and your stick. The most common mistake is switch hands to early; if you rolling to your left hand, and switch right to left mid-roll dodge (90 degree turn), you are re-positioning your stick back towards the opponent, and basically negating the dodge. The reason this is different for short sticks is that this isn't an offensive dodge for us, it's defensive. Pressure rarely comes straight at you; it's usually angled towards the hand controlling the stick.

Try and picture this:

Pressure is coming towards your right side; you have the stick in your right hand and you want to roll left. You should keep the stick in your right hand as you turn 180 degrees, basically one giant step with your right foot, using the left as a pivot. In a still frame, your back would now be to the opponent, but your stick albeit still in your right hand, is now protected by your body. This is when you begin to switch hands, at this point the stick stays on that side of the body, and you do not bring it back towards the opponent. As you continue rolling, you switch hands through the next 180 degrees, keeping the head of stick pointing away from the pressure. Repeat lefty.

9. Ground balls

This is so utterly important. If you are an LSM, you better love groundballs.

A: roll the ball off the wall, standing still, let it roll straight into your stick (100)

B: roll the ball off the wall, attack the ball and scoop it into your stick (100)

C: roll the ball off the wall, positioned as if you are taking a Crosby slap shot, scoop the ball from the side (picture a faceoff guy winning straight forward, you must win the groundball with a much more difficult perpendicular approach) Repeat with a backhanded positioning, as if you were coming from the other wing and the ball was won in same fashion and direction. This should be done at various speeds, from standing still, to full sprint. This is also a great time to use and practice the Indian pickup.

As you do these groundball drills, work on mixing in dodges and quick passes off the scoop.

10. Long passes

I like to end my routine with 30-40 yard passes. I just wail on the wall, throwing it as hard as can, and working on my placement along the wall. Try and hit the same spot every time. I basically freelance at this point, mixing in dodges and different throwing motions to get comfortable receiving and throwing long passes.