

Wall Ball Workouts

Idea behind wall ball workouts:

- Always after a fitness workout- we get better when we are tired- this will reduce stickwork turnovers!
- Get out of your comfort zone
- Great teams have players that can release the ball and cradle the ball at all different levels around their body
- 2-3x a week stickwork will improve your stick work and give you confidence!
- Push your quickness and release between reps
- Increase power of your passes
- Push yourself and time yourself weekly- keep a log!

WORKOUT #1

** (count drops/ time yourself!)**

- 25 Right (Catch, Cradle)
- 25 Left (Catch, Cradle)
- 25 Quick stick right
- 25 Quick stick left
- 25 Catch right, throw left
- 25 Catch left, throw right

WORKOUT #2

Positioning: 8- 10 yards off the wall. Everything is caught off a bounce

- 25 R Catch, cradle, throw
- 25 L Catch, cradle, throw
- 20 total – throw, catch, switch. (10 throws left, 10 throws right)
- 20 R bounce pass against wall for high ball in air, one hand catch
- 20 L bounce pass against wall for high ball in air, one hand catch

WORKOUT #3

- 25 right (catch, cradle, throw) ** Vary your cradle**
- 25 left (catch, cradle, throw) ** Vary your cradle**
- 15 double switches R
- 15 double switches L
- 10 dip n dunk (fake high, fake low, explode up throw) R
- 10 dip n dunk (fake high, fake low, explode up throw) L
- 15 back hand throws R (don't flip wrists over)
- 15 back hand throws L (don't flip wrists over)
- 25 quick stick R
- 25 quick stick L

WORKOUT #4

- 25 over hand R
- 25 over hand L
- 25 side arm R (hip level)
- 25 side arm L (hip level)
- 25 risers R (release point is low by knee, snapping all the way through high)
- 25 risers L (release point is low by knee, snapping all the way through high)
- 10 hitch high, side arm R
- 10 hitch high, side arm L

WORKOUT #5 ** For time, 2 rounds!*

- 10 Righty
- 10 Lefty
- 10 Righty
- 10 Lefty
- 10 Off side right
- 10 Off side left
- 10 Off side right
- 10 Off side left
- 10 Catch right switch left
- 10 Catch left switch right
- 10 Catch right switch left
- 10 Catch left switch right

WORKOUT #6

- 20R
- 20L
- 20 catching switching (Catch R switch throw L, catch L, switch throw R)
- 20 passing switching (changing hands when ball is in air)
- 10 back hand R
- 10 back hand L
- 10 quick stick R
- 10 quick stick L
- 5 1 handed throws R
- 5 1 handed throws L

WORKOUT #7

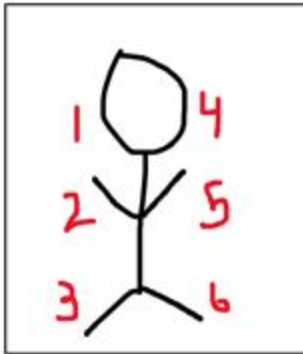
- 25R
- 25L
- 25 off stick R
- 25 off stick L
- 25 catch switch (R-L/ L-R)

WORKOUT #8

** Wrist workout**

- 10 one handed right
- 10 one handed left
- 5 one hand hitch , throw R
- 5 one hand hitch, throw L
- 20 off stick switch without ball (10- right, 10- left)
- 10 catch right, one hand drop to spot 6 throw (left hand with the touch)
- 10 catch left, one hand drop to spot 6 throw (right hand with the touch)
- 10 (5 each hand) spot 3 to 6 throw (5- right, 5-left)

CRADLING



Cradling Sequence Stationary #1 (Don't need to pass on wall)

** Each set 5 times each **

- Spot 1 to Spot 5 righty
- Spot 1 to Spot 5 Lefty
- Spot 2 to Spot 6 righty
- Spot 2 to Spot 6 lefty
- Spot 4 to Spot 3 righty
- Spot 4 to Spot 3 lefty
- Spot 1 to Spot 5 to Spot 3 righty
- Spot 1 to Spot 5 to Spot 3 lefty
- Spot 4 to Spot 2 to Spot 6 righty
- Spot 4 to Spot 2 to Spot 6 lefty

Cradling Sequence #2 (Against wall)

Cradling and passing on the move

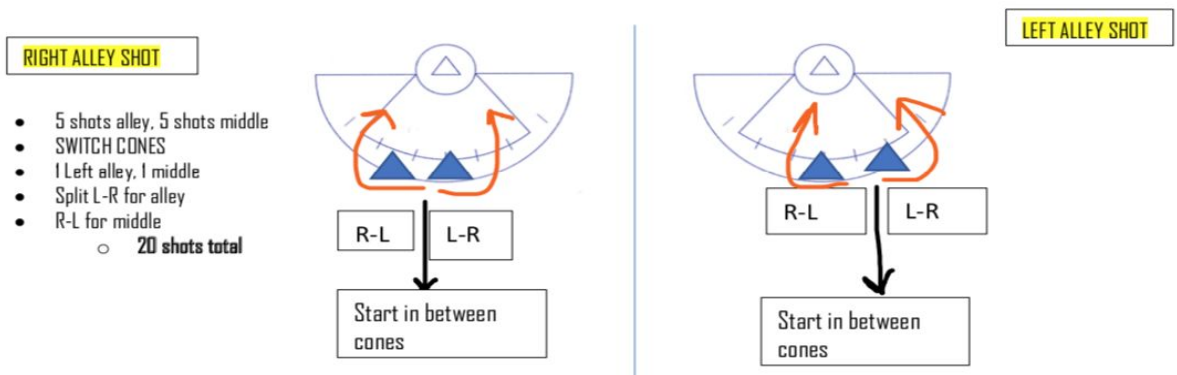
- Throw right catch right
- Drop step 5 yards
- On way back hit spot 1&5 on the move
- Throw right catch right
- Drop step 5 yards

- On way back hit spot 4&3 on the move
- Throw left catch left
- Drop step 5 yards, On way back hit Spot 1&5 on the move
- Throw left catch left
- Drop step 5 yards
- On way back hit spot 4 to 3 on the move
- Drop step 5 yards
- On way back hit spot 4 to 2 hitch on the move
- Drop step 5 yards
- On way back hit spot on spot 3 to 6 hitch
- Drop step 5 yards
- On way back hit spot 4 to 2 hitch on the
- Drop step 5 yards
- On way back hit spot 3 to 6 hitch on the move

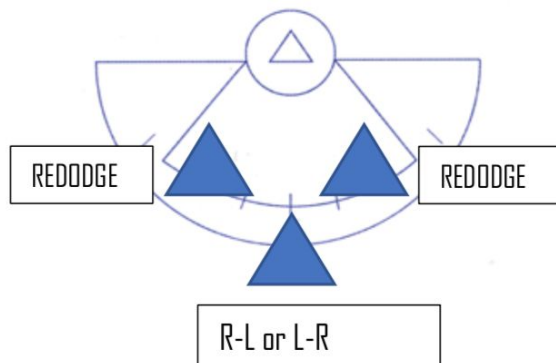
DODGING

1. Find a dummy defender- a cone, ball bag, sibling..
2. Work on all dodges- face, split, roll, rocker.
3. Start dodges slower to work on footwork. Gradually increase the speed of the dodge until you are comfortable doing it at top speed.
4. Make sure to dodge using both hands. For example, you should practice rolling right to left AND left to right.
5. Increase difficulty (and make it your own) by adding a stutter step or other footwork before the dodge.

Right Alley & Left Alley Dodge & Shot:



Triangle Dodging Drill



****Start outside 12, cones are placed 5 yds from each other****

- Start a first cone, split either R-L or L-R
- Once you get to second cone, do what ever re dodge you want to do
 - ex: rocker, bounce off- split to middle for shot, roll dodge to quick shot
 - **5X each side / 2 sets**

DODGING IMPORTANT NOTES:

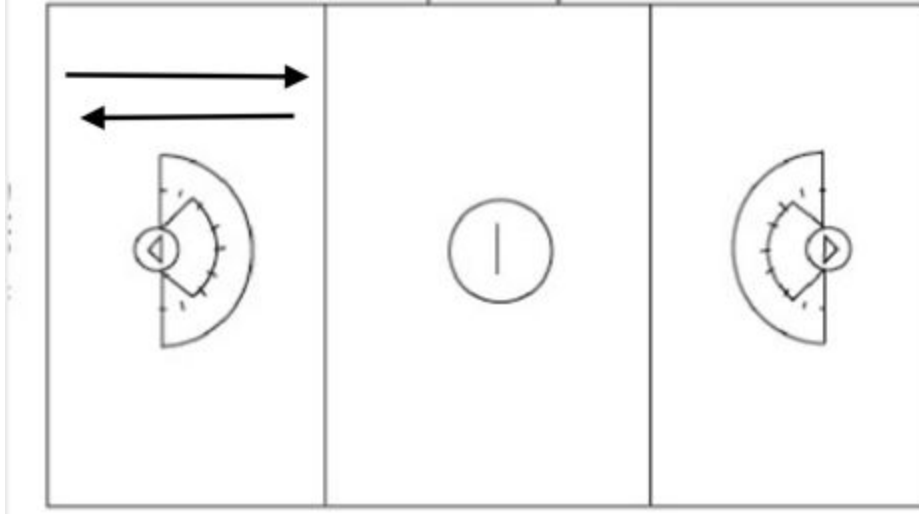
- Always remember to keep your stick protected and out of range of a defender's check.
- Cut off the defender immediately after the dodge- don't veer right or left because that is where the defense slides are coming from.
- Start the dodge one stick's length away from the defender to allow yourself space to complete the dodge.

CONDITIONING WORKOUTS

Run #1: 300s for time

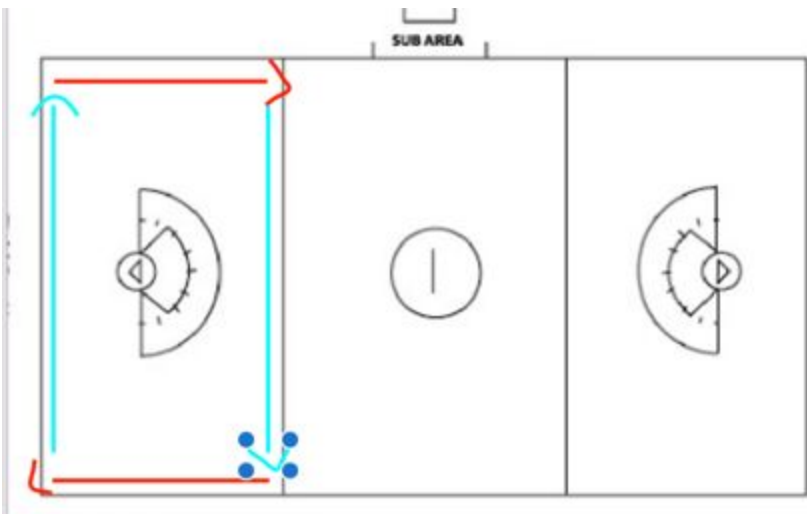
- Start on endline
- Run up to the restraining line and back to the endline 3 times (up, back, up, back, up, back)
- Do this for 3 rounds, with one-minute rest between each round

**** Try to get each 300 under 70 seconds****



Run #2: Sprint-Jog for 5 mins

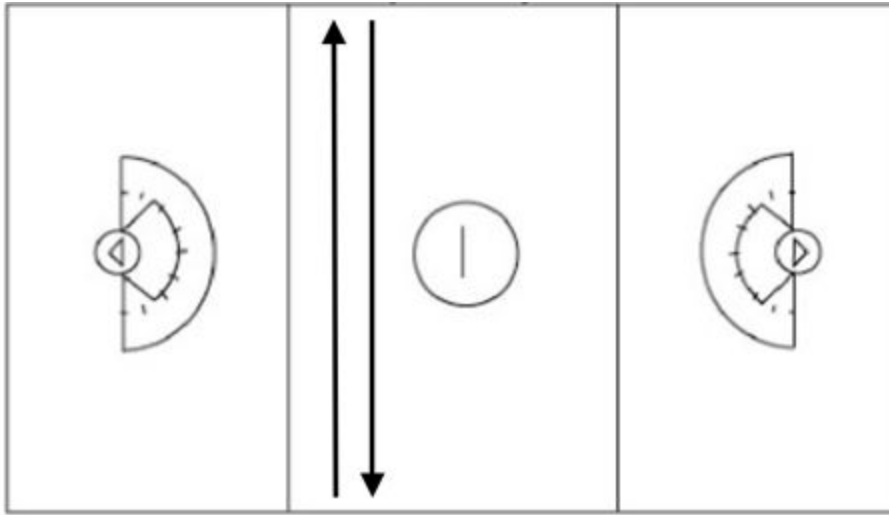
- Start on corner of field
- Sprint on Blue lines
- Jog on Red lines
- Do this for 2 round, with 1:30min break between rounds



Run #3: Gassers for time

- Start on sideline
- Run up to opposite sideline, and back 4 times (up, back, up, back)
- Do this for 5 round, with 1 min rest between rounds

****Aim to get each round under 50 seconds****



Run #4: Treadmill Sprints for 10 minutes

- Warm up with a 2-minute jog (speed set: 3-4mph)
- For 6 minutes- Sprint for 20 seconds (speed set: 6-7mph), jog for 10 seconds (speed set: 3-4mph)
- Cool down with 2-minute jog (speed set: 3-4mph)