

## Wall Drills

- A) All drills must be performed with both hands.
- B) Any wall will work, but a smooth concrete surface wall at least 10 feet tall is the best surface.
- C) Use your gloves when performing this routine.
- D) Stand about 5 yards from the wall.
- E) Perform this routine 4 to 5 times per week for 15 to 20 minutes and your stick skills will improve a great deal in a very short period of time.

### Drills:

1. Right hand quick stick – 50 times (Left hand).
2. Right hand – 1 catch & cradle 50 times (Left hand).
3. Right hand (one hand only) quick stick – 50 times (Left hand).
4. Right hand catch & face dodge – 50 times (Left hand).
5. Split dodge – throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand – 50 times
6. Quick stick – Change hands on every toss while ball is in the air – 50 times.
7. Cross-handed – 50 times each hand.
8. Around the back – 50 times each hand.
9. Side arm after a great hard fake – 50 times each hand.
10. Be creative – develop your own drill.  
Around the world, underhand, protected stick, etc.

Quick sticks – without cradling, just catch and release.

(Left hand) – means perform drill in left hand after you complete the right hand portion.

Cross-handed – means place stick in normal right handed throwing position (two hands), then move the stick to the left side of your body. Next, repeat with left hand.

This is for defensemen and goalies too!!! Grab a short stick or choke up on your D-pole. Our entire team needs to be able to handle the ball regardless of where they are on the field. In order for our defensemen to carry over midfield and push the ball, they need to have the stick skills!