

ogie will get you
from A to B.

THE WALL BALL POCKET GUIDE

A COMPLETE WALL BALL GUIDE TO IMPROVE YOUR FUNDAMENTALS





— **FOR THE BEST RESULTS** —

- Find a flat brick or concrete wall at least ten feet high, the longer the better.
- Every drill that you do, do it with both hands!
- Always wear gloves when you are performing your routine - you play with gloves, so why not practice with gloves?
- Stand five to seven yards away from the wall.
- Perform this routine at least four-five times per week.
- Each routine should be at least ten minutes in length. If you finish all drills in less than twenty minutes, repeat drills starting with the drill that challenged you the most.
- Have fun!



— **THROW, CATCH, AND CRADLE** —

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Start with your stick handle by your ear.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up to your ear and cradle.
- Switch to your other hand, and repeat.



QUICK STICK DRILL

- Move up to five feet (2 meters) from the wall
- Choke up on your stick handle a little if you need to.
- Start with your feet parallel to the wall.
- Focus on the throw and catch.
- Start with your stick handle by your ear.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, no cradle.
- Switch to your other hand, and repeat.



SPLIT DODGE

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear (ready position).
- Do a Split Dodge
- Switch hands while you are dodging so that when you land you are now ready to throw from the other side.
- Then reach back and fire from the other side.
- Catch with the same side you throw from.







SWITCH HANDS

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up to your ear and cradle.
- Bring the ball across your face switching hands.
- Then reach back and fire from the other side.



ROLL DODGE

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up to your ear and cradle.
- Slide your bottom hand up the shaft
- Release the stick with upper hand
- Roll your body away from the wall
- As you roll (spin) lead with the elbow that is not holding the stick
- The offhand will hold the stick near the head and one hand cradle
- Protect the ball
- When you have spun 180 degrees set your feet
- Re-grip the shaft with both hands
- Now you will be throwing from the other side with your other hand
- Then reach back and fire from the other side



ADD OTHER DODGES AND FREESTYLE TRICKS

- Be creative and add moves and dodges that you are working on.
- Behind the back shots and catches should be a regular part of wall ball
- One-handed throws and catches are perfect for wall ball
- Around the world
- Over the shoulder
- Between the legs shots
- Create your own tricks.
- Have fun!



A COMPLETE ROUTINE

- Quick stick—50 right, then 50 left (no cradle).
- One hand quick stick—50 right, then 50 left (no cradle).
- Quick stick- change hands each time you throw the ball while the ball is in the air—50 right, then 50 left (no cradle).
- Both hand catch and cradle—50 right, then 50 left (one quick cradle).
- One hand catch and cradle—50 right, then 50 left (one quick cradle).
- Face dodge, catch-face dodge-throw—50 right, then 50 left.
- Split dodge, throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand—50 right, then 50 left.
- Cross handed—50 right, then 50 left (“cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (one quick cradle each time)).
- Behind the back- 50 right, then 50 left.



Thanks and credit go to the following contributors:

Pictures Provided by Danish Lacrosse
Wall Ball Drills Provided by Alberta Lacrosse Association
Document Created by Manitoba Lacrosse Association