



## Storm Lacrosse Player Stick Skills Routine

Stick skills in lacrosse are the foundation to having fun and success on the floor. The game of lacrosse is rooted on creativity, ball movement, and teamwork.

Players of all ages are encouraged to spend 15-20 mins per day developing their stick skills. The results will come quick, confidence will grow, and the game will become even more fun to play.

### **Beginner Wall Ball Routine (100 total):**

- 25 right hand passes, right hand catches.
- 25 left hand passes, left hand catches.
- 25 right hand passes, left hand catches.
- 25 left hand passes, right hand catches.
- Repeat as many as you can in 20 minutes.
- Example - [5 beginner wall ball drills](#)

### **Intermediate Wall Ball Routine (200 total):**

- 50 right hand passes, right hand catches.
- 50 left hand passes, left hand catches.
- 25 right hand passes, left hand catches.
- 25 left hand passes, right hand catches.
- 30 quick sticks, no cradle
- 20 [canucks](#)

### **Advanced Wall Ball Routine (370 total):**

- 75 right hand passes, right hand catches.
- 50 left hand passes, left hand catches.
- 75 right hand passes, left hand catches.
- 50 left hand passes, right hand catches.
- 50 quick sticks, no cradle
- 30 [canucks](#)
- 20 sidearm
- 20 underhand
- Example - [Pro wall ball routine \(all shots - timed\)](#)

*\*Repeat any routine as many times as you can in 20 mins. Turn it into a game and time yourself to beat your personal best time.*

Cradling at home - [PowLax Backyard Cradle Routine and Drills](#)