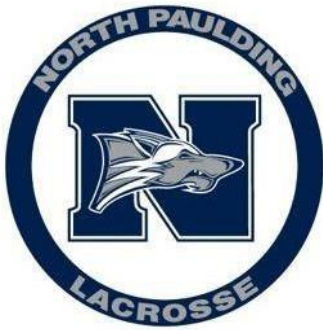


Wall Ball Training Program

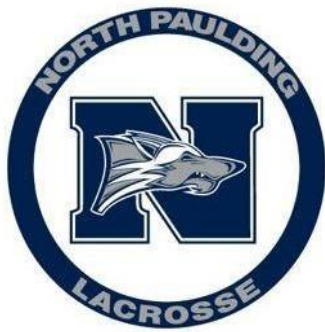
Wall Ball Training is the absolute best way to develop stick skills and is most effective when utilized daily. However, not everyone will be able to work on their Wall Ball Routines daily and not everyone has an age appropriate/personalized wall ball routine. Therefore, Coach Reardon has provided us with weekly Wall Ball Routines for each of our competitive levels. These routines are meant to serve as a guide to help our players develop their skills as growing members of the Wolfpack Lacrosse family. In addition to routines, a Wall Ball test has also been provided. The test is designed as a goal for our developing players. If a Wolfpack player feels confident about their Wall Ball training, they will be provided with an opportunity to take the Wall Ball Test. The test is voluntary at the recreational levels. If the player completes the entire Wall Ball Test within the allotted time, he/she will EARN a "North Paulding Wall Ball T-Shirt." The Wall Ball T-Shirt can NOT be purchased, only "Earned" through hard work and dedication to the Wall. As players grow within the Wolfpack program, their routines will grow with them and they will get additional opportunities to test. If a player attempts a Wall Ball Test and does not complete it within the allotted time, they will continue to dedicate themselves to their wall ball routines and explore future opportunities to test. The North Paulding Lacrosse program is dedicated to developing our player's abilities and it all starts with stick skills. **The More Time We Spend On The Wall, The Better We Will Be As Players and a Program!**

Wall Ball Tips: Wall Ball training requires fundamentally sound, fast paced and purposeful repetitions. Improve your accuracy by pointing the "Butt-End" of your stick at your target and maintain proper foot positioning. Wall Ball can be played on a bounce back (rebounder). Rebounders are a great option when you do not have access to a brick or concrete wall. However, the absolute best place to play Wall Ball is on a wall (concrete or brick). The hard and uneven surface of brick/concrete tends to provide much faster ball returns with varying trajectories. This equates to improved hand/eye coordination and reaction time. Regardless of what you choose to use (brick, concrete, or a bounce back), the Wall is a tremendous training tool. Use it whenever you can, be creative whenever possible and **HAVE FUN!!**



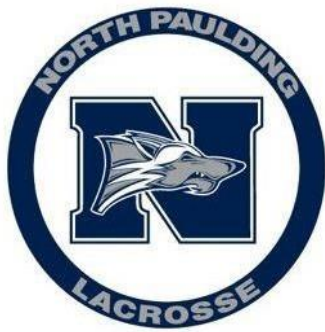
Wall Ball Testing Directions

1. Players will test using **Short Sticks Only**.
2. Players will only be eligible to take the test that corresponds with their current age/team level.
3. Head and Hand Protection will be worn during the test. This means All Boys will wear Helmets and Gloves while All Girls will wear Goggles.
4. Players may start as close as 5 yards from the wall. This is a timed test and any distance beyond this will slow the test down.
5. Each test will have a limit of 5 extra balls. If a pass is dropped or misplayed, extra balls can/will be accessed to continue the test.
6. The test will be timed, and players must complete each exercise/skill in order.
7. Players will not move to the next exercise/skill until the required number of the current exercise/skill is reached.
8. Once the timer is started, players will not be able to re-start the test.
9. Players that do not finish the test in the allotted time will continue to work on their Wall Ball routines and wait until a future opportunity is offered to test.
10. Players that successfully complete the Wall Ball Test within the allotted time will **EARN** their North Paulding Wall Ball T-Shirt!
11. Once a player earns a Wall Ball T-Shirt, they can start working toward the next testing level. (Refer to Rule #2 for testing eligibility).



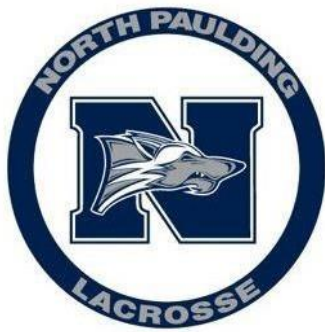
How to Use: When Wall Ball Training, focus on your wall ball routine by following the rep counts and recommended number of days per week. The wall ball routine is crucial to increasing your muscle memory, stamina, and overall mastery of a given skill. As your stick skills progress and your confidence grows, you can start trying the test in addition to your routine. This process will typically take many weeks and may take more than one season. When you are ready to test, inform your coaches!

U15 Wall Ball Routine 450 reps x 6 days = 2700 reps/week		<u>U15 WALL BALL TEST</u> 140 reps in 3.5 minutes	
OFF HAND		Off Hand:	
1.	One-Hand Throw/Catch x20	1.	One-Hand Throw/Catch x10
2.	Catch 1-Cradle Throw x50	2.	Catch 1-Cradle Throw x10
3.	Canadian Cross-Face x20	3.	Canadian Cross Face x10
4.	Quick Stick x50	4.	Quick Stick x10
5.	Shovel Pass x20	5.	Shovel Pass x10
6.	Behind the Back (BTB) x20	6.	Behind the Back (BTB) x10
BOTH HANDS		Both Hands	
7.	Switch Hands/Split x50	7.	Switch Hands/Split x10
DOMINANT HAND		Dominant Hand:	
8.	One-Hand Throw/Catch x20	8.	One-Hand Throw/Catch x10
9.	Catch 1-Cradle Throw x50	9.	Catch 1-Cradle Throw x10
10.	Canadian Cross-Face x20	10.	Canadian Cross Face x10
11.	Quick Stick x50	11.	Quick Stick x10
12.	Shovel Pass x20	12.	Shovel Pass x10
13.	Behind the Back (BTB) x20	13.	Behind the Back (BTB) x10
BOTH HANDS		Both Hands:	
14.	Switch Hand Quick Stick x40	14.	Switch Hand Quick Stick x10
NEW SKILL: Shovel Pass https://youtu.be/FvNagkGozWO		<i>Wall Ball Routine and Test Created by Coach J. Reardon</i>	



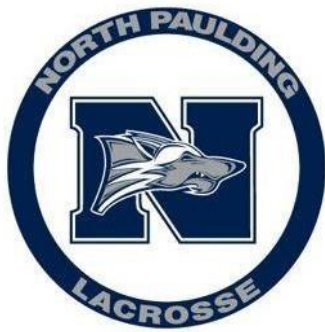
How to Use: When Wall Ball Training, focus on your wall ball routine by following the rep counts and recommended number of days per week. The wall ball routine is crucial to increasing your muscle memory, stamina, and overall mastery of a given skill. As your stick skills progress and your confidence grows, you can start trying the test in addition to your routine. This process will typically take many weeks and may take more than one season. When you are ready to test, inform your coaches!

U13 Wall Ball Routine 400 reps x 5 days = 2000 reps/week		<u>U13 WALL BALL TEST</u> 120 reps in 3 minutes	
OFF HAND		Off Hand:	
1.	One-Hand Throw/Catch x20	1.	One-Hand Throw/Catch x10
2.	Catch 1-Cradle Throw x50	2.	Catch 1-Cradle Throw x10
3.	Canadian Cross-Face x20	3.	Canadian Cross-Face x10
4.	Quick Stick x50	4.	Quick Stick x10
5.	Behind the Back (BTB) x20	5.	Behind the Back (BTB) x10
BOTH HANDS		Both Hands:	
6.	Switch Hands/Split x50	6.	Switch Hands/Split x10
DOMINANT HAND		Dominant Hand:	
7.	One-Hand Throw/Catch x20	7.	One-Hand Throw/Catch x10
8.	Catch 1-Cradle Throw x50	8.	Catch 1-Cradle Throw x10
9.	Canadian Cross-Face x20	9.	Canadian Cross Face x10
10.	Quick Stick x50	10.	Quick Stick x10
11.	Behind the Back (BTB) x20	11.	Behind the Back (BTB) x10
BOTH HANDS		Both Hands:	
12.	Switch Hand Quick Stick x30	12.	Switch Hand Quick Stick x10
NEW SKILL: Switch Hand Quick Stick https://youtu.be/ZO9fbx4RFFs			
NEW SKILL: Behind the Back (BTB) https://youtu.be/aa2_mbIrFgE			
		<i>Wall Ball Routine and Test Created by Coach J. Reardon</i>	



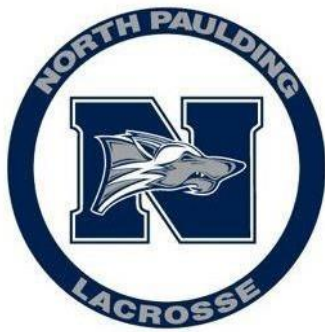
How to Use: When Wall Ball Training, focus on your wall ball routine by following the rep counts and recommended number of days per week. The wall ball routine is crucial to increasing your muscle memory, stamina, and overall mastery of a given skill. As your stick skills progress and your confidence grows, you can start trying the test in addition to your routine. This process will typically take many weeks and may take more than one season. When you are ready to test, inform your coaches!

U11 Wall Ball Routine 300 reps x 4 days = 1200 reps/week		<u>U11 WALL BALL TEST</u> 100 reps in 2.5 minutes	
OFF HAND		Off Hand:	
1.	One-Hand Throw/Catch x15	1.	One-Hand Throw/Catch x10
2.	Catch 1-Cradle Throw x50	2.	Catch 1-Cradle Throw x10
3.	Canadian Cross-Face x20	3.	Canadian Cross Face x10
4.	Quick Stick x40	4.	Quick Stick x10
BOTH HANDS		Both Hands:	
5.	Switch Hands/Split x50	5.	Switch Hands/Split x20
DOMINANT HAND		Dominant Hand:	
6.	One-Hand Throw/Catch x15	6.	One-Hand Throw/Catch x10
7.	Catch 1-Cradle Throw x50	7.	Catch 1-Cradle Throw x10
8.	Canadian Cross-Face x20	8.	Canadian Cross Face x10
9.	Quick Stick x40	9.	Quick Stick x10
NEW SKILL: One-Hand Throw/Catch https://youtu.be/clVs1-XUEEs NEW SKILL: Canadian Cross-Face https://youtu.be/seTDJEnBd6c		<i>Wall Ball Routine and Test Created by Coach J. Reardon</i>	



How to Use: When Wall Ball Training, focus on your wall ball routine by following the rep counts and recommended number of days per week. The wall ball routine is crucial to increasing your muscle memory, stamina, and overall mastery of a given skill. As your stick skills progress and your confidence grows, you can start trying the test in addition to your routine. This process will typically take many weeks and may take more than one season. When you are ready to test, inform your coaches!

U9 Wall Ball Routine 200 reps x 3 days = 600 reps/week		<u>U9 WALL BALL TEST</u> 80 reps in 2 minutes	
OFF HAND		Off Hand:	
1.	Catch 1-Cradle Throw x50	1. Catch 1-Cradle Throw x20	
2.	Quick Stick x25	2. Quick Stick x10	
BOTH HANDS		Both Hands:	
3.	Switch Hands/Split x50	3. Switch Hands/Split x20	
DOMINANT HAND		Dominant Hand:	
4.	Catch 1-Cradle Throw x50	4. Catch 1-Cradle Throw x20	
5.	Quick Stick x25	5. Quick Stick x10	
NEW SKILL: Quick Stick https://youtu.be/tkZ29eOGf8A		<i>Wall Ball Routine and Test Created by Coach J. Reardon</i>	
NEW SKILL: Switch Hands/Split https://youtu.be/4pNMAXuoG-M			



How to Use: When Wall Ball Training, focus on your wall ball routine by following the rep counts and recommended number of days per week. The wall ball routine is crucial to increasing your muscle memory, stamina, and overall mastery of a given skill. As your stick skills progress and your confidence grows, you can start trying the test in addition to your routine. This process will typically take many weeks and may take more than one season. When you are ready to test, inform your coaches!

K-1 Wall Ball Routine 100 reps x 3 days = 300 reps/week		<u>K-1 WALL BALL TEST</u> 40 reps in 1 minute	
OFF HAND		Off Hand:	
1.	Catch 1-Cradle Throw x50	1. Catch 1-Cradle Throw x20	
DOMINANT HAND		Dominant Hand:	
2.	Catch 1-Cradle Throw x50	2. Catch 1-Cradle Throw x20	
NEW SKILL: Catch 1-Cradle Throw https://youtu.be/GrWKZ0idTs0		<i>Wall Ball Routine and Test Created by Coach J. Reardon</i>	