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### Wall Drills

All drills must be performed with both hands.

- A. Any wall surface will work, but a smooth concrete wall at least 10 feet tall is the best surface.
- B. Use your gloves when performing this routine
- C. Stand about five yards from the wall
- D. Perform this routine 4-5 times a week for 15-20 minutes and your stick skills and wrist strength will improve a great deal in a very short time.
- E. Drills
  1. Right hand quick stick – 50 times (left hand)
  2. Right hand – 1 hand catch & cradle 50 times (left hand)
  3. Right hand ( 1 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 the ball is in the air.
  7. Cross – handed 50 times each hand. Stick in right hand throw and catch with ball from left side of your body; left hand ball on right side of your body.
  8. Fake prior to throw – 50 times each hand.
  9. If there is enough length to the wall, do these drills periodically moving parallel to the wall.
  10. Add your own drills to the above; be creative.

Note: There is no other better way to build wrist strength and the stick work necessary than to practice on the wall.