

Finesse Workout

Back to Basics: Wall Ball / Partner Passing

Part One: Warm-Up!

15 reps each hand, each exercise

- #1 1-Handed - Top ½ of stick - Catch SOFT HANDS → cradle directly in front of you (turn your wrist to see the ball & pause) → return to your shoulder → pass
- #2 2-Hands - Regular grip - Catch SOFT HANDS → fake pass #1 (see below)
 - Right hand: spin your stick in a full circle *counter-clockwise* while faking & return to shoulder
 - Left hand: *clockwise & return to shoulder
- #3 2-Hands - Regular grip - Catch SOFT HANDS → fake pass #2 (see below)
 - Right hand: spin your stick in a full circle *clockwise* while faking & return to shoulder
 - Left hand: *counter-clockwise & return to shoulder
- #4 1-Handed - Top ½ of stick - Pass with stick behind you (down field), catch in front (up field)
 - Right hand up, right hip to wall / left hand up, left hip to wall
- #5 2-Hands - Regular grip - same as #4, but with 2 hands

Part Two: FINESSESSSEEE!!!

20 reps each hand (except alt. hands = 20 total), each exercise

- #1 2-Hands (very top & very bottom) - Fake split dodge (slide hand up, don't switch) → pass
- #2 2-Hands (very top & very bottom) - Split dodge to other hand → split dodge back → pass
- #3 2-Hands - Bottom ½ of stick - Send your arms back, shoulder protection → 3 hitches → pass
- #4 Alternate Hands - Regular grip - Quick stick, no cradle - Catch → switch → pass
- #5 Alternate Hands - Regular grip - Pump shooting space/hard hitch → switch hands → pass
- #6 Alternate Hands - Regular grip - Switch hands → pump shooting space/hard hitch → pass
- #7 Alternate Hands - Regular grip - Lay the ball out 1-handed in front → Bring back → switch → pass
- #8 Alternate Hands - Regular-low grip - Switch hands → Twizzzzler pass

OPTIONAL BONUS CHALLENGE: Are you up for it?!?!

10 reps each hand, each exercise

- #1 2-Hands - Regular grip - BTB pass
- #2 2-Hands - Regular grip - Fake BTB pass → Fake regular pass → BTB pass
- #3 2-Hands - Regular grip - ATW pass
- #4 1-Handed - Top ½ of stick - BTB pass
- #5 2 lacrosse sticks, one ball - Top ½ of stick - Quick stick back & forth to each hand

Notes: ***SHOULD BE ABLE TO DO THIS WORKOUT WITH YOUR LOOSENEED FIDDLE STICK, AS WELL AS YOUR GAME STICK

- ✓ Use hip & shoulder protection on split & fake split dodges
- ✓ Keep your stick head below your chin when switching hands
- ✓ Keep your feet moving, look athletic
- ✓ Try to hit your target in the same place
- ✓ This is a finesse workout → loosen up your arms and wrists, try to maintain fluid movement