

# Summer '17 Stick Work

Each workout should be around 15-20 minutes to complete!

- ✓ One rep with no cradle should take about 1 second to leave your stick, hit the wall, and return to your pocket → 30 reps of quick stick = 30 seconds or less  
→ 30 reps of passing with hitches/cradles = 45 - 50 seconds
- ✓ Challenge yourselves & hold yourselves accountable
- ✓ Always move your feet during wall ball and maintain good passing form
- ✓ If you finish in less than 15 minutes, start your workout from the top and see how far you can get!
- ✓ If you have any questions, please ask & we can send you a demo video of the exercise

## 5 stick work workouts per week:

- #1 & 2 - Pick 2 of the 3 Back to Basics workouts (rotate through these)
- #3 - Wrist Strengthening
- #4 - Finesse (should be able to complete this workout with your fiddle stick & game stick)
- #5 - Your choice of: Footwork/stick work, defensive stick work (rotate through these)