

MESA

LACROSSE

STICK WORK PACKET

Find a wall or a friend!!!
15 minutes a day can make a difference :)

Stickwork 1: (Stickwork test)

One handed right hand 60 catches in 1 minute

One handed left hand 60 catches in 1 minute

Right handed 70 catches in 1 minute

Left handed 70 catches in 1 minute

Offstick (everything off stick) right hand 60 catches in 1 minute

Off stick (everything off stick) left hand 60 catches in 1 minute

Goalie Stickwork Test

Wall Ball:

One handed right hand 40 catches in 1 minute

One handed left hand 20 catches in 1 minute

Right handed 45 catches in 1 minute

Left handed 20 catches in 1 minute

Clearing: Bucket Clearing

You must get within the bucket or in the bucket on the left and right side of the cage
10x each side.

Stickwork 2: Great warm-up**

50 R/L Half Cradle

50 R/L Full Cradle

50 R/L Off Hand

50 R/L Quick Stick

- Do for at least ten minutes

Stickwork 3:

Right handed throw to left side

Left handed throw to right side

Right handed behind the back

Left handed behind the back

Right/left/right, all right handed

Left/right/left, all left handed

25 times each * 3

Stickwork 4:

Series 1:

Behind the back

Around the world

3 X (25 Times)

Series 2:

(underhand and one handed)

Right to right

Left to left

Behind the back

Around the world

Stickwork 5: Stickwork with footwork

Catch, three step drop back, and reattack

No re-attack, just drop back step and throw

Re-attack face dodge

Re-attack spilt dodge

25 Times each or Over 10 minutes

Stickwork 6:

Series 1:

25 R/L Twizzler

25 R/L Fake High - side arm

25 R/L Fake High Fake Low side arm

Series 2:

All right:

No cradle

Hitch

Shooting space

Full double pump

Twizler

Repeat all Left:

25 times each * 3