

MESA

LACROSSE

Wrist & Forearm Strengthening

On your own:

- Overtop pickup to big cradle above head x20 each hand
- 5 ball pick up and put over the line
- 5 Ball pick up with full rainbow cradle
- One hands up and over coaching stick
 - Add hurdles for small cradle and extra moves
- Helicopters
- Bounce wrap ups
- Teeter totters

Partner:

- One handed passing (can get creative- pick-ups to big cradle and pass it)
- One handed work- focus on NON-dom hand
- 5 ball pick up competition
- 5 ball pick up with Rainbow
- Lax high 5's
- Scoop to lax high 5 k

Additional work:

- Plate flips
- Add stick weights to all of the above exercises