

Aspiring Wall Warriors can earn their T-shirts by completing the Wall Ball Warrior test for their respective age group (shown below). Please know it is very unlikely a player will pass the test without spending a fair amount of time on the Wall Ball drills recommended for his age group. Every player in the Cambridge Youth Lacrosse Program is capable of earning the Wall Ball Warrior T-shirt; however, it will require hard work and dedication. Please encourage your player to put in the time working on the wall. He will not only earn the Wall Ball Warrior T-shirt, but will also become a better, more confident lacrosse player.



Wall Warrior Tests

U9 Age Group: (short stick only)

	<u>Right</u>	<u>Left</u>
One hand	5	5
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Drops allowed 4		
Time limit for shirt 2 min.		

U11 Age Group: (short stick only)

	<u>Right</u>	<u>Left</u>
One hand	5	5
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Two hand - Canadian	5	5
Drops allowed 3		
Time limit for shirt 2 min.		

U13 and up - short sticks:

	<u>Right</u>	<u>Left</u>
One hand	5	5
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Two hand - Canadian	5	5
Two hand - BTB 5 (strong hand only)		
Drops allowed	2	
Time limit for shirt	2 min.	

U13 and up - D-poles:

	<u>Right</u>	<u>Left</u>
Two hand - quick stick	10	10
Two hand - 1 cradle	10	10
Two hand - catch & switch	5	5
Two hand - catch & roll	5	5
Two hand - shovels	5	5
Drops allowed	2	
Time limit for shirt	2 min	

Wall Warrior Work Outs

The following wall ball workouts are recommended for each age group to prepare for the test. Defenders in the U9 and U11 age groups should use shorts sticks instead of the longer D-poles in the drills and T-shirt test.

U9 Age Group - 20 reps each side

1. 1 hand - throw and catch
 2. 2 hands - quick stick, no cradle
 3. 2 hands - catch and throw, one cradle
 4. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
- total repetitions – 160

U11 Age Group - 25 reps each side

1. 1 hand - throw and catch
 2. 2 hands - quick stick, no cradle
 3. 2 hands - catch and throw, one cradle
 4. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
 5. 2 hand Canadian - throw and catch cross handed
- total repetitions - 250

U13 and up shorties - 30 reps each side

1. 1 hand - throw and catch
 2. 2 hands - quick stick, no cradle
 3. 2 hands - catch and throw, one cradle
 4. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
 5. 2 hand Canadian - throw and catch cross handed
 6. 2 hand BTB - throw and catch behind the back
- total repetitions - 360

U13 and up D-poles - 30 reps each side

1. 2 hands - quick stick, no cradle
 2. 2 hands - catch and throw, one cradle
 3. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
 4. 2 hands catch and roll - throw and catch right, roll around to the right while switching hands and then throw and catch left, roll to the left, switch hands and throw right
 5. 2 hand Grounders - throw the ball to the bottom of the wall so it comes back bouncing on the ground
 6. 2 hand Shovels - with your back to the wall, step toward the wall with your lead foot and throw and catch underhand
- total repetitions - 360

Players should complete as much of this routine as they can 4 or 5 times a week for 20 - 30 minutes (no more). At first, players will most likely not be able to get through the recommended routine in 20 minutes. That's OK. If your player only gets through part of the drill set a goal to do a little more the next time. Conversely, if 20 reps per drill are recommended for his age group, have your player start out at 10 reps and work their way up to 20 reps. Once your player is comfortably completing the recommended drill for their age group, he should be ready to earn the coveted Wall Warrior T-shirt.