

10 X 10 Drill

To be done on a wall or with partner.
Pick a spot on the wall and try to focus hitting spot

1. 10 throws right handed (Quick stick & or 1 cradle and throw)
2. 10 throws left handed (Quick stick & or 1 cradle and throw)
3. 10 throws right handed catch and throw with opposite hand
4. 10 throws left handed catch and throw with opposite hand
5. 10 throw right and catch left
6. 10 throw left and catch right
7. 10 right over left throw and catch (Cross handed)
8. 10 left over right throw and catch (Cross handed)
9. 10 behind the back right handed
10. 10 behind the back left handed

Optional: Around the world with whichever hands.

Points of Emphasis

- Overall stick skills improvement.
- Getting stronger with your weaker hand.
- Quick release when passing.
- Crisp and accurate passes.

**“The will to win is important, but the will to prepare is vital.”
Joe Paterno**