

# Becoming a Better Lacrosse Player



## Taking your game to the Next Level... & beyond

### First - 3 Things about Attitude:

1. **Desire.** You must really want to become better & love the game. This needs to come from you. No Coach or Parent can do this for you.
2. **Willingness to work hard** - when you want to and when you don't.
3. **Believe in Yourself** – Everyone has potential but few develop it. Understand that you have just as much opportunity to become a great player as any other athlete in any other part of the country.

### Next :

Listed are **different things that will help make you a better Lacrosse player**. Many of these are things other players your age do in other parts of the country where Lacrosse is big. Some you already know and some you probably don't . Have fun with this and good luck!

Remember – Practice how you play. Practice hard, play hard. Practice soft, play soft.

1. Wall Ball. Wall Ball . Wall Ball. Focus on good mechanics not quantity.
2. Play other competitive sports. Participating in other sports makes you an overall better athlete mentally and physically; Football, Soccer, Basketball, Hockey, Skiing , Waterskiing, etc. Don't become one dimensional, especially at the High School Level.
3. Run . Simulate Lacrosse type of running; stopping and starting, short sprints, cutting, lunges, kareoka. A couple miles of hard running is enough. Focus on intensity not distance.

4. Run with your stick, gloves and a ball. Simulate playing. ( the different things Coach Ward showed you).
5. Sport specific strength & agility training. Like we've prepared for you thru Athletico. Just do it! It will only take 30-45 min. 3-4 times per week.
6. Fundamentals – develop your stills & fundamentals correctly. As you continue playing, this will allow you to elevate your game much faster. Bad habits and lacking fundamentals will significantly limit your ability to improve & compete at higher levels. If you have a bad habit, work to correct it.
7. Shoot on a Goal, with a back stop. Time & space, and on the run. Mix it up and make it fun. Start w/ a bag of balls.
8. When you run (if you don't carry your stick) take a Tennis ball and dribble it like a basketball with both Right & Left hands.
9. If you can't find a place to play wall ball , throw a Tennis ball against the wall in your basement, from your knees, with both right & left hands. Without your stick.
10. Find a field. Take your stick , gloves and ball and pick up Ground balls. Kick and throw the ball and pick it up.
11. Watch great Lacrosse players and Teams any chance you get....in person, DVD, TV .
12. Do anything that will improve your balance; skiing, snow boarding, waterskiing, boogie boarding, X country ski, show shoe, bosu ball. Stand on one leg with your eyes closed (it's not as easy as it sounds)
13. Paint Houses in the summer or anything that works our your wrists, forearms & core. Be sure to use both Right & Left hands.
14. Play Lacrosse any chance you get. Attend Summer camps and play in summer leagues. Play indoor in winter. If you can find a good X College player , ask for help and ask a lot of questions.
15. Experiment – Especially when you are playing summer league, at camps or indoors. Try new things.
16. Shovel Snow (or shovel anything). Use your right & left hands. A lot of these motions simulate Lacrosse. Tell your parents to cancel the snow plowing service & sell the snow blower...get out there and shovel...shovel your neighbor's driveway too! Plant trees, dig holes , build a fence, work on a ranch or farm as the digger.
17. Build up your wrists with grippers, a weighted bar or whatever.

18. Work extra hard on your off hand. Do normal , everyday things, with your off hand.
- 19 Throw a Football. Very similar motion as throwing in Lacrosse. And, it helps you throw overhand.
20. Work on your hand eye coordination; tennis, squash, ping pong, racquetball, handball are all good.
21. Work a punching bag (heavy bag). Helps develop your core and right & left hands. Also, good for playing defense & quick hands. Some top coaches describe playing D like boxing.
22. Get a dodge. Learn different dodges, but find 1 or 2 that you and are confident will work in almost all situations when you need them.
23. Jump rope!
24. Strengthen your legs & core. That's where your Power and Balance comes from. Ask a Trainer or Coach about what you can do.
25. Play pick-up games of Basketball. O & D movements & concepts are very similar to Lacrosse.
26. Trail running – Up & down hills. Trees, rocks, stumps as obstacles to dodge & jump.

Breakthroughs sometimes take a long time of steady work, but then all of a sudden they come fast.... and keep coming if you keep working. It's a lot of fun when you start seeing yourself progress....and you will progress.

I guarantee you will surprise yourself and become a better player than you thought if you put your mind to it and work at it. Have Fun!

Any questions, please contact Coach Ward.

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