

Lacrosse Shooting Warm-Up – Featuring Paul Rabil

<https://www.youtube.com/watch?v=VYGO9bzj6g>

Lacrosse All-Star Paul Rabil demonstrates his pre-game shooting warm-up. With 10-15 reps of this drill per hand, you should get a good feel for your release and accuracy. Hone in on your accuracy quickly and effectively. Listen to Paul's dialogue as he explains his process and the adjustments he makes. As Paul mentions the key to developing and improving as a lacrosse player is making adjustments when things are not perfect.

<https://www.youtube.com/watch?v=CcWfpU7b1e0>

In this second drill we are not worried about accuracy as much as mechanics. As Paul talks about "opening" his chest and getting his arms back. This is an important part of setting yourself up for success. He then talks about the weight transfer which we know is an important part of shooting mechanics (insert links to ESPN). The follow through and swinging the hip is very important to develop power. Mechanics are the difference between great scorers and guys with a lot of potential. Master these skills to reach the next level.

<https://www.youtube.com/watch?v=4AxoTvpq4>

In the last drill, Paul connects the accuracy from the Point and Shoot drill with the mechanics from the one handed shooting.

As he says towards the end of the video, in all of these drills it is important to adjust. There are no benefits to repeating and practicing bad habits.

If you are a serious lacrosse player, these drills are great things you can do anytime. They provide a great pre-game warmup, a good warmup before working on some individual shooting drills, or even in pre-practice.