

## Lacrosse Wall Ball – Advanced Skill Development

In our first installment of Wall Ball (Link to video 1), we explained how to play wall ball and why it should be something all lacrosse players do on a regular basis.

<https://www.youtube.com/watch?v=jCP5ze6OyKw>

In this blog, we are featuring an advanced wall ball workout featuring MLL All-Star Kevin Crowley. As you can see there are so many variations of this basic drill. To continue developing as a lacrosse player challenge yourself doing some non-traditional throws and catches. The wall provides a great place to develop stick fakes and unorthodox moves.

Show us your favorite #Wallball skills by tagging us on FaceBook or Instagram @GameBreakerLax

\*We do not endorse Hand Speed Trainer. We just think it's a great video of a workout.