

Lax Rat Routine



“One thing happens every day: You either get better or you get worse.”
-Jesse Bernhardt, Team USA defense

1. Find a wall, the taller/longer the better, middle school and high school are great.
2. Every drill that you do- do it with both hands 50 times each!
3. Always wear gloves when you are performing your routine- you play with gloves so practice with gloves when possible
4. Stand 5-7 yards away from the wall
5. Right Hand, Left Hand
6. Throw right, Catch left --- Throw left Catch right
7. In close to the wall ---- right hand then left hand---quick sticks
8. One hand -----right hand then left hand
- 9: Challenge yourself: Behind the back, catch over the shoulder, back hand, or around the world, Australians, run up and down the wall.
10. Each routine should be at least 20 minutes in length- if you finish all drills in less than time, repeat drills starting with the drill that challenged you the most.
11. Check out Youtube to find something new to do
12. Listen to music and have fun!