

## Ohio State Summer Stickwork Program

<u>Exercise</u>	<u>Reps</u>	<u>Dist.</u>	<u>Focus</u>
Throw & Catch D	50	10 yds	Speed, Accuracy & Skill
Throw & Catch ND	75	10 yds	Speed, Accuracy & Skill
Quick Stick D	50	3 yds	Speed, Accuracy & Skill
Quick Stick ND	75	3 yds	Speed, Accuracy & Skill
R/L Switches	100	10 yds	Speed, Accuracy & Skill
Sidearm D	25	10 yds	Speed, Accuracy & Skill
Sidearm ND	50	10 yds	Speed, Accuracy & Skill
Flicks D	25	5 yds	Speed, Accuracy & Skill
Flicks ND	25	5 yds	Speed, Accuracy & Skill
Reverse Backhand Throw & Catch D	50	10 yds	Speed, Accuracy & Skill
Reverse Backhand Throw & Catch ND	50	10 yds	Speed, Accuracy & Skill
Behind the Back	20	10 yds	Speed, Accuracy & Skill

### Notes:

- 1- Keep your feet moving as you do these exercises
- 2- Use chalk or tape to mark a spot on the wall and try to hit it everytime
- 3- As the reps get easier, add more & challenge yourself
- 4- **Do this program 4 times a week (should take about 30 min.)**
- 5- Offensive players should also shoot twice a week (100 shot minimum) On the run!  
Defensive players should work on long passes twice a week
- 6- Challenge yourself to get better!!