

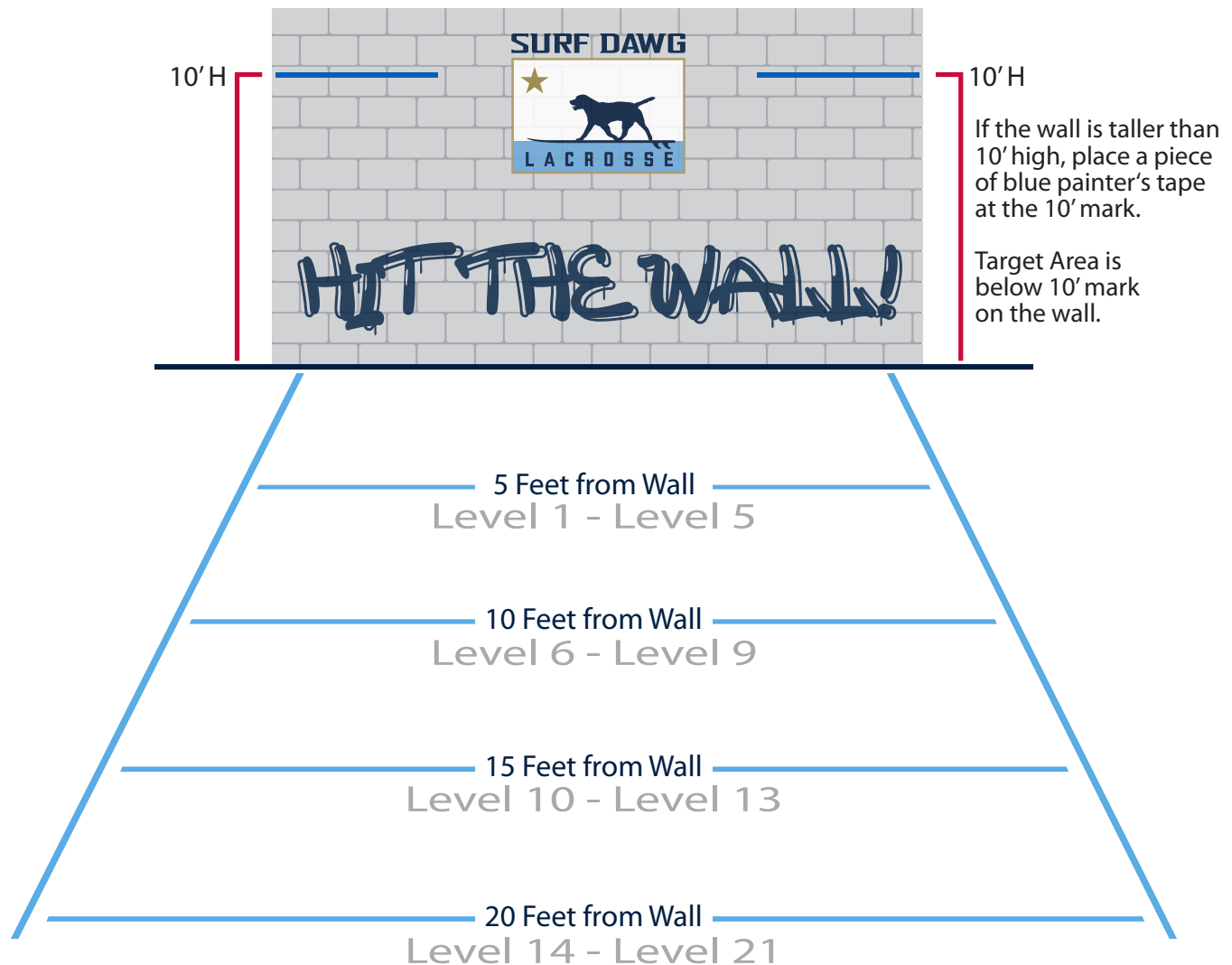
THE WALL BALL CHALLENGE

**The Surf Dawg Wall Ball
Stick Skills Development Program**

**CHALLENGE YOURSELF.
CHALLENGE YOUR TEAMMATES.**

Surf Dawg Wall Ball Challenge Wall Specs

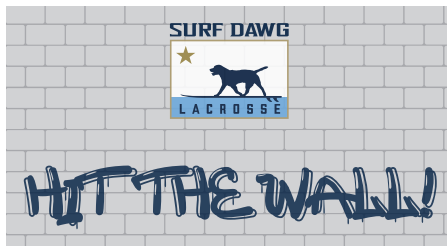
CHALLENGE YOURSELF



Surf Dawg Wall Ball Challenge Challenge Rules

1. The wall should be 10' high. If the wall is taller than 10', a mark (tape) should be placed at 10' high. All passes must be below the 10' line.
2. Ball must not touch the ground before it is caught.
3. Player can keep extra balls ready in case he misses or the ball goes over the wall.
4. Level 5 (5') must be completed before starting level 6 (10'). Level 9 (10') must be completed before starting Level 10 (15'), and Level 13 (15') must be completed before starting Level 14 (20').

CHALLENGE YOURSELF.
CHALLENGE YOUR TEAMMATES.



THE WALL BALL CHALLENGE CHALLENGE SCORESHEET

Date: ____ / ____ / ____

Player Name: _____

Last

First

Grade: _____

Player's Strong Hand (circle one):

L

R

**MY OLD
LEVEL**

5 Foot Test

_____ Strong Hand Catches (in 1:00)

35 Required to Advance

_____ Off Hand Catches (in 1:00)

25 Required to Advance

BOTH REQUIRED

Must have **35 Strong Hand Catches in 1:00** AND **25 Off Hand Catches in 1:00** to advance to 10' Test

10 Foot Test

_____ Strong Hand Catches (in 1:00)

35 Required to Advance

_____ Off Hand Catches (in 1:00)

25 Required to Advance

BOTH REQUIRED

Must have **35 Strong Hand Catches in 1:00** AND **25 Off Hand Catches in 1:00** to advance to 15' Test

15 Foot Test

_____ Strong Hand Catches (in 1:00)

35 Required to Advance

_____ Off Hand Catches (in 1:00)

25 Required to Advance

BOTH REQUIRED

Must have **35 Strong Hand Catches in 1:00** AND **25 Off Hand Catches in 1:00** to advance to 20' Test

20 Foot Test

_____ Strong Hand Catches (in 1:00)

_____ Off Hand Catches (in 1:00)

Evaluator _____

Please Print

**MY NEW
LEVEL**



THE WALL BALL CHALLENGE

LACROSSE = FUN BETTER STICKWORK = EVEN MORE FUN

Wall Ball Challenge Goals for Surf Dawg Players

The goals listed below are recommended benchmarks based upon the progression of a Surf Dawg who starts in the program in the 1st-3rd grade. Players who begin playing later are not expected to meet the higher levels as beginning players.

Reaching these goals quickly enable a player to have the highest potential for success as he progresses up into each age level where the game becomes more challenging and competitive.

1st-3rd Grade Dawgs

GOAL: Level 2

Minimum Level to play in 1st-3rd grade Surf Dawg scrimmages & games: None

Minimum Level to play on a competitive 1st-3rd grade tournament team: Level 1

4th-5th Grade Dawgs

GOAL: Level 7

Minimum Level to play in 4th-5th Surf Dawg scrimmages & games: Level 3

Minimum Level to play on a competitive 4th-5th grade tournament team: Level 5

5th-6th Grade Dawgs

GOAL: Level 9

Minimum Level to play in 5th-6th Surf Dawg scrimmages & games: Level 5

Minimum Level to play on a competitive 5th-6th grade tournament team: Level 7

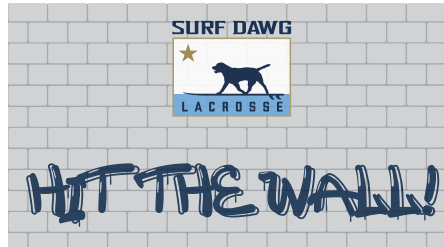
7th-8th Grade Dawgs

GOAL: Level 11

Minimum Level to play in 7th-8th Surf Dawg scrimmages & games: Level 7

Minimum Level to play on a competitive 7th-8th grade tournament team: Level 9

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Level 1

Distance: 5 Feet from Wall 15 STRONG HAND catches in one minute (1:00)

Level 2

Distance: 5 Feet from Wall 20 STRONG HAND catches in one minute (1:00)

Distance: 5 Feet from Wall 10 OFF HAND catches in one minute (1:00)

Level 3

Distance: 5 Feet from Wall 25 STRONG HAND catches in one minute (1:00)

Distance: 5 Feet from Wall 15 OFF HAND catches in one minute (1:00)

Level 4

Distance: 5 Feet from Wall 30 STRONG HAND catches in one minute (1:00)

Distance: 5 Feet from Wall 20 OFF HAND catches in one minute (1:00)

Level 5

Distance: 5 Feet from Wall 35 STRONG HAND catches in one minute (1:00)

Distance: 5 Feet from Wall 25 OFF HAND catches in one minute (1:00)

Level 6

Distance: 10 Feet from Wall 20 STRONG HAND catches in one minute (1:00)

Distance: 10 Feet from Wall 10 OFF HAND catches in one minute (1:00)

Level 7

Distance: 10 Feet from Wall 25 STRONG HAND catches in one minute (1:00)

Distance: 10 Feet from Wall 15 OFF HAND catches in one minute (1:00)

Level 8

Distance: 10 Feet from Wall 30 STRONG HAND catches in one minute (1:00)

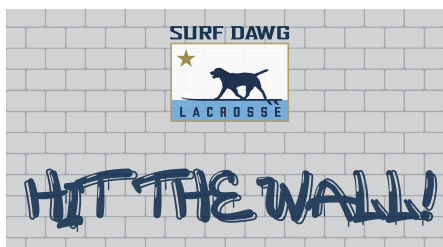
Distance: 10 Feet from Wall 20 OFF HAND catches in one minute (1:00)

Level 9

Distance: 10 Feet from Wall 35 STRONG HAND catches in one minute (1:00)

Distance: 10 Feet from Wall 25 OFF HAND catches in one minute (1:00)

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Level 10

Distance: 15 Feet from Wall 20 STRONG HAND catches in one minute (1:00)

Distance: 15 Feet from Wall 10 OFF HAND catches in one minute (1:00)

Level 11

Distance: 15 Feet from Wall 25 STRONG HAND catches in one minute (1:00)

Distance: 15 Feet from Wall 15 OFF HAND catches in one minute (1:00)

Level 12

Distance: 15 Feet from Wall 30 STRONG HAND catches in one minute (1:00)

Distance: 15 Feet from Wall 20 OFF HAND catches in one minute (1:00)

Level 13

Distance: 15 Feet from Wall 35 STRONG HAND catches in one minute (1:00)

Distance: 15 Feet from Wall 25 OFF HAND catches in one minute (1:00)

Level 14

Distance: 20 Feet from Wall 20 STRONG HAND catches in one minute (1:00)

Distance: 20 Feet from Wall 10 OFF HAND catches in one minute (1:00)

Level 15

Distance: 20 Feet from Wall 25 STRONG HAND catches in one minute (1:00)

Distance: 20 Feet from Wall 15 OFF HAND catches in one minute (1:00)

Level 16

Distance: 20 Feet from Wall 30 STRONG HAND catches in one minute (1:00)

Distance: 20 Feet from Wall 20 OFF HAND catches in one minute (1:00)

Level 17

Distance: 20 Feet from Wall 35 STRONG HAND catches in one minute (1:00)

Distance: 20 Feet from Wall 25 OFF HAND catches in one minute (1:00)

Level 18

Distance: 20 Feet from Wall 40 STRONG HAND catches in one minute (1:00)

Distance: 20 Feet from Wall 30 OFF HAND catches in one minute (1:00)

Level 19

Distance: 20 Feet from Wall 45 STRONG HAND catches in one minute (1:00)

Distance: 20 Feet from Wall 35 OFF HAND catches in one minute (1:00)

Level 20

Distance: 20 Feet from Wall 40 OFF HAND catches in one minute (1:00)

Level 21

Distance: 20 Feet from Wall 45 OFF HAND catches in one minute (1:00)

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