

# Korean Men's National Lacrosse Team

Online Try Out



## **Wall Ball Test**

### **Equipment**

- Lacrosse Stick
- Helmet and Gloves
- Lacrosse ball or Tennis ball
- Video Camera

### **Directions**

1. Set up the camera so it has a view of you and the wall
2. Start taking the video
3. State your name, position, and purpose (Ex: My name is \_\_\_\_\_ , I play (position), and I am trying out for the 2022 Korean Men's National Team)
4. Put on helmet and gloves
5. Start the test

### **Tips/suggestions**

- Practice multiple times
- Practice with a partner
- Speed is important, but we are also looking at...
  - Drops
  - Where the ball hits the wall
  - Form (catching and throwing)

### **Test**

25 Right Hand - One Cradle

25 Left Hand - One Cradle

25 Right Side Arm

25 Left Side Arm

25 Right Quick Stick

25 Left Quick Stick

15 Right One-Hand\*

15 Left One-Hand\*

15 Split Dodges\*\*

15 Quick Switch Hands\*\*

\* Long Sticks and Goalies can skip the one hand throws

\*\* Split Dodges - (throw right, catch right, switch hands, throw left, catch left) = 1

\*\*Quick Switch Hands - (throw right, switch hands, catch left, throw left, switch hands, catch right) = 1

## **Conditioning Test**

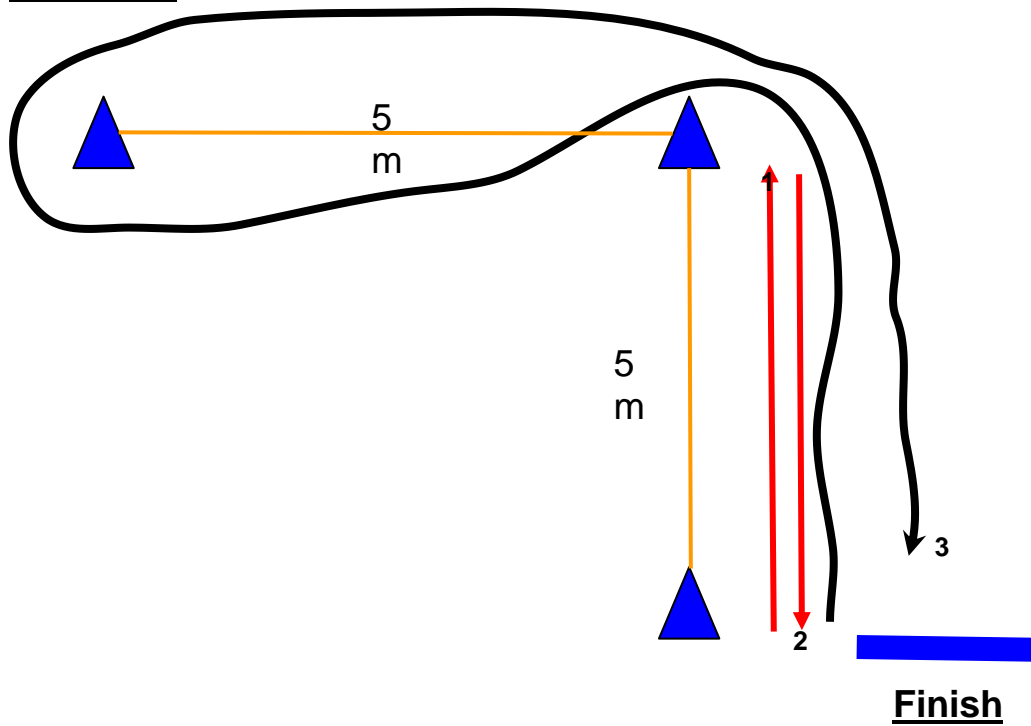
### **300 Meter Shuttle**

- Find a space on a field and measure out 50 meters with cones
- Have a timer ready and video camera recording the entire time
- Separately time each individual run and record the numbers
  - Run Down and back 3 times for a total of 300 meters
  - Take a 5 minute break
  - Run Down and back 3 times for a total of 300 meters
  - Take a 5 minute break
  - Run Down and Back 3 times for a total of 300 meters
- Test is finished

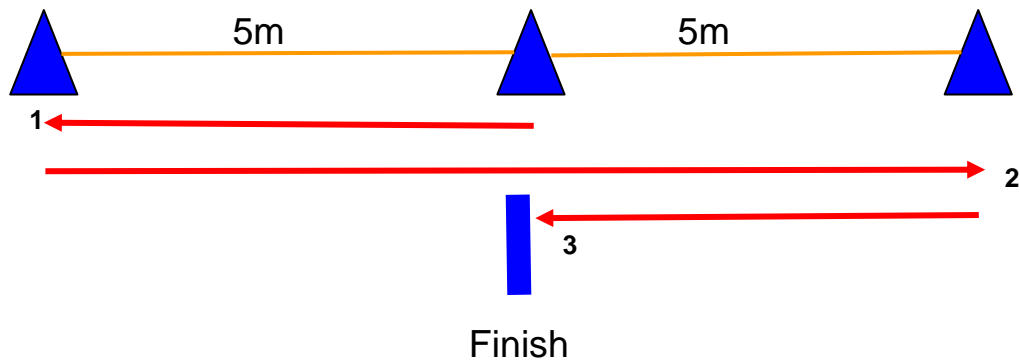
**Do not stop recording or edit the video**

## Agility Tests

### 3 Cone Drill



### 5-10-5 Drill



Each test should be a separate video.

\*If any of these exercises are confusing, please find references online. They are common sports tests.

**High Light Film**

- 2-5 minute highlight film is required
- If you are not currently playing, please join a local club team

**Recommendation Letter** (optional)

- Preferably from a coach, or someone from a professional setting