



Grab a ball. Find a wall. Get better.

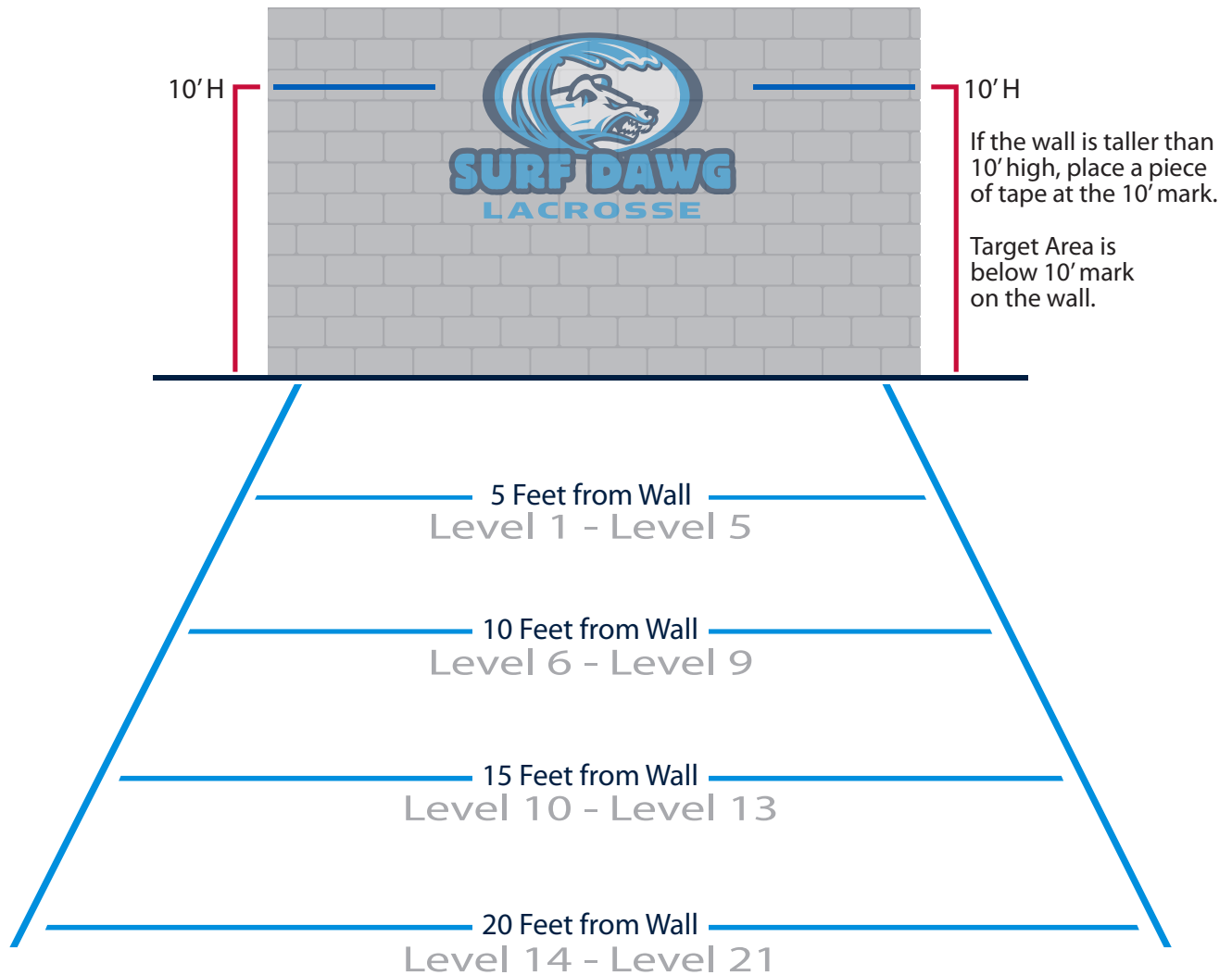
The Surf Dawg Wall Ball Stick Skills Development Program



Paul Rabil was a four-time All-American midfielder at Johns Hopkins University (2005-2008), including a three-time First Team All-American. He has twice represented the United States in the FIL World Championships (2010 & 2014). He currently plays for the New York Lizards in Major League Lacrosse, where he has been a ten-time MLL All-Star.

Surf Dawg Wall Ball Test

Wall Specs



Surf Dawg Wall Ball Test

Test 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').



Grab a ball. Find a wall. Get better.

Wall Ball Levels

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').

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)



Grab a ball. Find a wall. Get better.

Wall Ball Levels, cont.

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)



Grab a ball. Find a wall. Get better.

2017-18 Surf Dawg Wall Ball Levels & Team Requirements

U-9 Dawgs

Expectation: Level 2

Minimum in order to play in U-9 Surf Dawg games: N/A

To be considered eligible to participate on a U-9 Blue Team, you should be at Level 1

U-11 Dawgs

Expectation: Level 7

Minimum in order to play in U-11 Surf Dawg games: Level 3

To be considered eligible to participate on a U-11 Blue Team, you should be at Level 5

U-13 Dawgs

Expectation: Level 9

Minimum in order to play in U-13 Surf Dawg games: Level 5

To be considered eligible to participate on a U-13 Blue Team, you should be at Level 7

U-15 Dawgs

Expectation: Level 11

Minimum in order to play in U-15 Surf Dawg games: Level 7

To be considered eligible to participate on a U-15 Blue Team, you should be at Level 9