



NEWTON YOUTH LACROSSE 2025 WALL BALL CHALLENGE

Level 1 – Strong Hand I

Award: Grades 1-4 ONLY - successful completion of entire routine with NO DROPS* OR 10 full attempts** -
HELMET STICKER

10 Strong Hand
5 One-Handed
5 Cross Hand

Level 2 – Strong Hand II

Award: Grades 1-4 ONLY - successful completion of entire routine with NO DROPS OR 10 full attempts - NYL
CAR MAGNET

20 Strong Hand
10 One-Handed
10 Cross Hand
20 Quick Stick

Level 3 – Intro to Off/ Weak Hand I

AWARD: Successful completion of complete routine with NO DROPS OR 10 full attempts (5th - 8th grades:
CAR MAGNET, 1st through 4th Grades: NYL CUSTOM LACROSSE BALL)

10 Right Hand
10 Left Hand
5 One-Handed Right Hand
5 One-Handed Left Hand
5 Cross Hand Throw Right
5 Cross Hand Throw Left

10 Catch, Switch Hands/Split Dodge, Throw (alternating throwing and catching sides)

Level 4 – Both Hands II (5-8) / CHAMPIONSHIP LEVEL (1-4)

AWARD: Grades 5-8: Completion of routine with NO DROPS OR 10 full attempts - Custom NYL Lacrosse Ball

SPECIAL AWARD: Grades 1-4 ONLY – Full Routine with NO DROPS (*video required*)***: NYL Hat or Athletic Tee

30 Right Hand

30 Left Hand

10 One-Handed Right Hand

10 One-Handed Left Hand

10 Cross Hand Throw Right

10 Cross Hand Throw Left

30 Catch, Switch Hands/Split Dodge, Throw (alternating sides)

CHAMPIONSHIP LEVEL (ALL GRADES)

AWARD: All Grades – Full Routine with NO DROPS (*video required*): NYL Hat or Athletic Tee

30 Right Hand

30 Left Hand

10 One-Handed Right Hand

10 One-Handed Left Hand

10 Sidearm right hand

10 Sidearm left hand

10 Cross Hand Throw Right

10 Cross Hand Throw Left

10 Behind the Back

30 Catch, Switch Hands/Split Dodge, Throw (alternating sides)

* Completion of full routine with no drops must be certified by parent (see attached certification sheet - just snap a photo and send it to us by email)

** "Full attempt" means **the player has gone through the full routine with all reps completed**, but has dropped the ball and picked it up to continue to the end one or more times. Parents must certify that 10 FULL attempts have been made.

*** When recording video please set quality to the lowest available to avoid huge file sizes. Videos must be uncut and unedited, and should be sent to registrar@newtonyouthlacrosse.com



2025 WALL BALL CHALLENGE

PARENT CERTIFICATION

PLAYER'S NAME: _____ GRADE _____

LEVEL ONE: STRONG HAND I (Grades 1-4 only)

PLAYER COMPLETED FULL ROUTINE WITH NO DROPS	Signature
PLAYER COMPLETED 10 ATTEMPTS (cross off) 1 2 3 4 5 6 7 8 9 10	Signature

LEVEL TWO: STRONG HAND II (Grades 1-4 only)

PLAYER COMPLETED FULL ROUTINE WITH NO DROPS	Signature
PLAYER COMPLETED 10 ATTEMPTS 1 2 3 4 5 6 7 8 9 10	Signature

LEVEL THREE: INTRO TO OFF/ WEAK HAND I (all grades)

PLAYER COMPLETED FULL ROUTINE WITH NO DROPS	Signature
PLAYER COMPLETED 10 ATTEMPTS 1 2 3 4 5 6 7 8 9 10	Signature

LEVEL FOUR: BOTH HANDS II (Grades 5-8; video required for Grades 1-4 Championship Level)

PLAYER COMPLETED FULL ROUTINE WITH NO DROPS	Signature
PLAYER COMPLETED 10 ATTEMPTS 1 2 3 4 5 6 7 8 9 10	Signature



2025 WALL BALL CHALLENGE

PRINTER-FRIENDLY ROUTINES

★ LEVEL ONE ★

10 Strong Hand
5 One-Handed
5 Cross Hand

★ LEVEL TWO ★

20 Strong Hand
10 One-Handed
10 Cross Hand
20 Quick Stick

★ LEVEL THREE ★

10 Right Hand
10 Left Hand
5 One-Handed Right Hand
5 One-Handed Left Hand
5 Cross Hand Throw Right
5 Cross Hand Throw Left
10 Catch, Switch Hands/Split Dodge,
Throw (alternating throwing and
catching sides)

★ LEVEL FOUR ★

CHAMPIONSHIP 1-4 NO DROPS

30 Right Hand
30 Left Hand
10 One-Handed Right Hand
10 One-Handed Left Hand
10 Cross Hand Throw Right
10 Cross Hand Throw Left
30 Catch, Switch Hands/Split Dodge,
Throw (alternating throwing and catching
sides)

CHAMPIONSHIP LEVEL NO DROPS

30 Right Hand
30 Left Hand
10 One-Handed Right Hand
10 One-Handed Left Hand
10 Sidearm right hand
10 Sidearm left hand
10 Cross Hand Throw Right
10 Cross Hand Throw Left
10 Behind the Back
30 Catch, Switch Hands/Split Dodge,
Throw (alternating throwing and catching
sides)