

Playmakers Aren't Born. They're Built.

Want more touches, more confidence, more minutes? It starts here — with drills that actually matter, tracked progress, and a system that takes you from reps to results.

Start Free with 5 Workouts

No credit card. No waiting. Just reps that work.

The Work Is There. The Results Aren't.

- You're doing the reps. But the passes still drop.
The confidence still fades.
The coach still looks past you.

POWLAX gives you the plan, the proof, and the results.



Here's What Makes the Difference.

This isn't just drills — it's a system that builds your game, day by day.



Position-Specific Drills That Actually Matter

No more generic reps. You'll train for what you play — attack, mid, D, wall ball. (Goalie and FO coming soon!)



A Plan That Builds, Not Just Fills Time

Each workout stacks on the last. It's like a season plan for your stick skills.



Progress You Can See

Every drill tracked. Every session logged. Your stats go up — and you'll feel it on the field.



Leaderboards, Badges, and Goals That Pull You Back In

This system makes you want to keep going. It's part video game, part coach, all about results.



Workouts Built to Fit Your Day — or Your Grind

Short on time? Hit a 5-minute wall ball burst. Ready to go deep? Choose a 15- to 45-minute stack that builds full-field skills. Every rep counts — you choose how far to take it.

Start Free. Train Smarter Today.

No card. No pressure. Just momentum.



You don't need to pay to start getting better.
POWLAX Basic gives you real workouts, real progress, and a feel
for what's possible.
The Full Academy? That's your complete game-changer.

Academy Basic

For players ready to start leveling up today

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5 Core Workouts – One for each position + Wall Ball challenge

Progress Tracking – Log reps, see improvement, start building habits

Workout Logging – Manually track drills to stay accountable

Quick-Start Access – No credit card. Instant login. 60 seconds to begin

Perfect for: New players, casual reps, daily wall ball

[Start Free Workouts](#)

Academy Full

For players serious about getting to the next level

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100+ Elite Drills – Complete position-based library with progressions

Skill Analytics + Badges – Track growth, unlock levels, and stay motivated

Custom Workout Plans – Position-specific paths that adapt to your goals

Leaderboards + Challenges – Train, climb ranks, compete with yourself

Perfect for: Starters, travel players, varsity hopefuls

[Upgrade to Full Academy](#)

Still Wondering If This Is for You?

I already practice. Why do I need this?

Because practice without feedback is just guessing. POWLAX gives you drills, structure, and proof you're improving — fast.

How much time does this take?

Is this for beginners or serious players?

Do I need a full field or special gear to use this?

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Can parents track progress?

Is the free version really free?

You're One Workout Away From Feeling It Click.

Whether you're just picking up the stick or pushing for a bigger role — the edge you want starts here.

It's free to start. It works fast. And you're going to feel the difference.

Yes — I Want My Free Workouts

No card. No pressure. Just reps that work.

Already have the Basics down?

Unlock the Full Academy