

WALL BALL ROUTINE 3-21-2020

One Hand Right and Left

Close to the wall – hand a foot below the head of the stick

50 x 1 handed – Right hand cradle between each throw

50 x 1 handed – Left hand cradle between each throw

Choked Up Quick stick

Close to the wall – hand a foot below the head of the stick and bottom hand below the middle of the shaft

100 x 2 hands choked up on Right side (fast throw and catch, no cradling)

100 x 2 hands choked up on Left side (fast throw and catch, no cradling)

Normal Throw and Catch

2-3 yds away from the wall – (normal throwing and catching position) hand in the middle of the shaft and bottom hand at the bottom of the shaft

60 x Right Hand

60 x Left Hand

Switching Hands

2-3 yds away from the wall – hand in the middle of the shaft and bottom hand at the bottom of the shaft

75 x throw with your Right hand, catch with your Right hand, switch (keeping the stick between your shoulders), throw with your Left hand, catch with your Left hand. One combination of throwing and catching with both right and left counts as 1 rep.

Behind the Back

2-3 yds away from the wall – hand in the middle of the shaft and bottom hand at the bottom of the shaft

10 x behind the back with R hand

10 x behind the back with L hand

Side Arm Throws

**2-3 yds away from the wall –

25 side arm right and 25 side arm left

Trick Throws

2-3 yds away from the wall – hand in the middle of the shaft and bottom hand at the bottom of the shaft

Any trick throws that you want to end with.

*This should take you about 20-25 minutes to complete once you have mastered it. Have a couple extra balls so you don't have to chase everyone that goes flying, but make sure you pick up all your balls when you finish!!