**Wall Ball or Partner Passes**

Can be done on the wall or with a partner every practice

Key here is Repetition

Stress to your players this is what they should do on off days

Switching hands 50 times step to right, switch from left to right, step to left, right from left

50 Right Box passes (hands in same distance but choked up)

50 Left Box passes (hands in same distance but choked up)

50 Right (throwing and catching with hands in same spot if they can)

50 Left (throwing and catching with hands in same spot if they can)

50 Right Quick Sticks

50 Left Quick Sticks

50 Right one handed

50 Left one handed

50 Catch Left switch hands Throw Right, Catch Right switch hands Throw Left

Practice Shooting

Shoot the same shot 10 times, don’t shoot random different shots