

Wall Ball Routine

Keep a good pace, don't practice lazy. Stand approx. 10-15 feet from the wall and keep your feet moving by getting in a good throwing position with lead foot out in front then square to the wall to catch it. Do not let the ball hit the ground (unless drill calls for it). Pass and catch in the area above your shoulder; to the right or left of your head (the box).

1. Strong hand toss/catch, then 50 times weak hand. This is a relaxed easy throw. Get the shoulder, forearms and core warmed up
2. Strong hand quick stick 50 times; then 50 times weak hand.
3. Short Stick - Strong hand 1 hand catches and cradle 50 times; then 50 times weak hand. Move to 5 – 10 yards from the wall then work your way back as you get more comfortable. **(Proper 1 hand technique: Wearing gloves, hold the stick in top hand where you would normally place it to throw with both hands and then place the head of the stick in the "box" area next to the ear. Then with one hand, "snap" the wrist which will cause the ball to come out of the stick in a straight line and bounce off the wall straight back into the stick kept in the box area. This will be difficult at first. Do not take shortcuts. Keep the head of the stick in the box and not down off the shoulder.)**
4. Strong hand catch and face dodge 50 times; then 50 times weak hand
5. Split dodge/ throw right catch right/split to left hand throw left and catch left 50 times
6. Quick stick while the ball is in the air switch hands on every toss 50 times. Throw right catch left, immediately quick stick throw left catch right and repeat
7. Cross-handed 50 times each hand. Throw right rotate hands to the left of your head keeping stick in right hand. Throw left rotate hands to right side of your head keeping stick in left hand
8. One hand shooting 50 times each hand (start with hand close to the stick head...as you get better and stronger move your hand down the stick shaft. Extend arm further out than the one handed pass from earlier in the routine)
9. Behind the back 25 times each hand
10. Around the world/back breaker or any other trick shot/pass you can think in any combination 25 times each hand
11. Bounce catch and pass 25 times, then 25 times weak hand (stand further back from the wall, throw the ball to the wall, and let it bounce back to you then throw a bounce pass and catch off the wall- that is one rep)
12. Pick 5 targets on the wall or tape boxes on the wall and hit them 10 times in a row- once you hit each target 10 times in a row you're done (if you miss, start over from one on each box)
13. Jog down the wall while passing. Jog while catching to the right then reverse, all right 25 times then all left 25 times (down and back is one)
14. Shuffle down the wall to the right then back to the left 25 times all right then all left 25 times