



Working with your left hand (or off hand) is important for versatility. Improve arm strength by using one hand (below).

The beauty of a wall: the darned thing just doesn't make mistakes. You do, but it doesn't."

Throw Right, Catch Left and Vice Versa

(50 reps)

Move back to within 10-15 feet and square off to the wall. Only this time, catch with the opposite hand with which you throw. Your upper body mechanics should remain tight, but your aim should be for an off-center spot on the wall that will make the ball return to your opposite side. Do this 50 times per session, and you'll be much more comfortable making offside catches and transferring hands.

In Close

(20 reps right, 20 reps left)

Staying within 5 feet of the wall, square off to it, this time taking the hips and shoulders out of the equation and allowing you to focus solely on the wrist action of throwing. Maintaining a wide base with your arms out in front of you, throw 10 times right and 10 times left,

emphasizing the wrist snap and utilizing a quick cradle and release. For those interested in ulterior motives, this also builds muscle in your forearms.

Then, alternate hands, transferring in between each throw. Do this 10 more times on each hand without cradling, and your stick speed will benefit. Choke up on the stick if need be.

For your own purposes, try some variety. Start out in the perpendicular stance for five reps, and then open up square to wall for five reps, and repeat. Alternating stances creates cardiovascular work. Also, if you're comfortable enough, don't cradle — try quick sticking while you're close to the wall. Finally, if you're really comfortable in tight, try doing it one-handed.

Add the Step

(25 reps right, 25 reps left)

Drop back about 20 feet. Maintaining the upper body mechanics, add the step to the throwing motion, targeting a spot on the wall.

Sprint Laterally, Catch Backhand

(25 reps right, 25 reps left)

Since you've implemented footwork, move up to within 15 feet of the wall, and work laterally while practicing backhanded catches. Starting with your right hand, throw across your body, run left, and catch the ball backhanded like an outlet pass over your right shoulder. Then switch to your left hand, throw across your body, run right and make the same backhanded catch over your left shoulder.

Laterally, this should act more like a shuttle run, sprinting about 5 feet in between throws. Do this 25 times on each hand.

For more advanced wall-ballers, repeat as desired while getting in close to

