

DYL GIRLS Wall Ball Work Out

- All sets should take between 4– 7 minutes
- Challenge yourself by timing how long each set takes you!! Look for improvement by beating your time each day
- Step with OPPOSITE FOOT
- Hand at the top of your stick
- STICK IN FRONT OF YOUR BODY, CATCH NEXT TO YOUR EAR
- 3 sets per Wall Ball Work Out, 1 – 3 times a day if possible

Ball & no stick (get low, bend your knees, should be very QUICK)

- Catch strong, throw weak – 25 CATCHES
- Catch weak, throw strong – 25 CATCHES

With Stick

- Catch & throw STRONG – 30
- Figure 8/ Catch strong, throw weak – 30
- Figure 8/ Catch weak, throw strong – 30
- Catch & throw WEAK – 30
- Reverse pass STRONG – 30
- Reverse pass WEAK – 30
- Catch strong over weak shoulder (like a leading pass on clear)- 30
- Quick Stick STRONG – 30
- Quick Stick WEAK - 30