

## WALL BALL DRILLS ALL AGE GROUPS

The following wall ball workouts are recommended for each age group. Defenders in the U9 and U11 age groups should use shorts sticks instead of the longer D-poles in the drills and for the test.

### **U9 Age Group - 20 reps each side**

1. 1 hand - throw and catch
  2. 2 hands - quick stick, no cradle
  3. 2 hands - catch and throw, one cradle
  4. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
- total repetitions - 160

### **U11 Age Group - 25 reps each side**

1. 1 hand - throw and catch
  2. 2 hands - quick stick, no cradle
  3. 2 hands - catch and throw, one cradle
  4. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
  5. 2 hand Canadian - throw and catch cross handed
- total repetitions - 250

### **U13 and up shorties - 30 reps each side**

1. 1 hand - throw and catch
  2. 2 hands - quick stick, no cradle
  3. 2 hands - catch and throw, one cradle
  4. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
  5. 2 hand Canadian - throw and catch cross handed
  6. 2 hand BTB - throw and catch behind the back
- total repetitions - 360

### **U13 and up D-poles - 30 reps each side**

1. 2 hands - quick stick, no cradle
  2. 2 hands - catch and throw, one cradle
  3. 2 hands catch and switch - throw and catch right, switch and throw and catch left, switch back to right
  4. 2 hands catch and roll - throw and catch right, roll around to the right while switching hands and then throw and catch left, roll to the left, switch hands and throw right
  5. 2 hand Grounders - throw the ball to the bottom of the wall so it comes back bouncing on the ground
  6. 2 hand Shovels - with your back to the wall, step toward the wall with your lead foot and throw and catch underhand
- total repetitions - 360

Players should complete as much of this routine as they can 4 or 5 times a week for 20 - 30 minutes (no more). At first, players will most likely not be able to get through the recommended routine in 20 minutes. That's OK. If your player only gets through part of the drill, set a goal to do a little more the next time. Conversely, if 20 reps per drill are recommended for his age group, have your player start out at 10 reps and work his way up to 20 reps. Once your player is comfortably completing the recommended drill for his age group, he should be ready to earn the coveted Wall Ball Eagle Claw shooter shirt.