

# WALL BALL WORKOUT

Although your arms will get tired, do your best to maintain proper form, technique, grip, cradle, and hand placement. Use your legs when receiving and releasing the ball. Keep working hard, challenge yourself, and don't cut corners!

You should do this workout on any flat wall, 3-4 times/week for at least 20-35 minutes. (You can always increase reps, and/or go through the list more than once). Challenge yourself to have less drops...no drops even...lots of give, fluidity of motion, and increased pace on your passes.

## Reps Hand Up Exercise

15	Right	Throw high, receive (give back w/ arms, head of stick), no cradle, release
15	Left	Same as above (don't overthrow! receive high, throw high)
15	Right	Same as above, add one 1/2 cradle (to nose) b/n receiving and releasing ball
15	Left	Same as above (for both, work on fluidity of motion)
15	Right	Throw right, receive right, switch, throw left, receive left, switch – keep going
15	Left	Same as above, but start with throw left (remember: throw high, receive high)
15	Right	Flip mid (top hand guides stick), receive, give, no cradle, release
15	Left	Same as above (remember for both: drop shoulder, flip is waist high)
15	Right	Flip, receive, add cradle up high, then flip low (work on fluid motion)
15	Left	Same as above (remember: drop body low to flip, bring up high to cradle)
15	Right	Overarm Bounce (ground then wall), make ball come back high
15	Left	Same as above (remember: step into bounce, snap cross down) *Practice catching with one hand like it's a draw—work on getting the ball at its highest point and tucking it in away from danger.
15	Right	Sidearm Bounce (8-10ft from wall), drop shoulder, step into shot
15	Left	Same as above (remember: guide w/ left, pull thru hard w/ right hand)
15	Right	Fake to spot on left, throw to spot on right, no cradle, work on fluidity
15	Left	Same as above, but fake throw to right side, throw on left (keep throws high)
15	Right	Fake high, flip low, limit extra candles, work on fluidity of motion
15	Left	Same as above (for both, try to pick same spot to throw to)
15	Right	Rapid quick sticks (throw hard, receive/give, release, repeat)
15	Left	Same as above: receive behind head and release, work on fluidity of motion