



WALL BALL ROUTINE

- 25 right hand
- 25 left hand
- 25 side arm right
- 25 side arm left
- 30 catch right throw left,
- 30 catch left throw right
- 25 quick stick right
- 25 quick stick left
- 15 one-handed right
- 15 one-handed left
- 15 BTB right
- 15 BTB left

* *BTB = behind the back*

** *Challenge yourself to get through the routine without a break or a dropped pass!*

SHOOTING ROUTINE (100 SHOTS TOTAL)

- 10 overhand right
- 10 overhand left
- 10 side arm right
- 10 side arm left
- 10 bounce right
- 10 bounce left
- 10 on the move right
- 10 on the move left
- 5 ³/₄ side arm rip shots right
- 5 ³/₄ side arm rip shots left
- 5 BTB rolling crease right
- 5 BTB rolling crease left

When doing this routine remember to aim for corner and hip shots: vary your placement.