

WALL BALL DRILL

Stand about 10-12 FEET from the wall (Warm Up):

1. 25 relaxed throws Right Hand (R)
2. 25 relaxed throws Left Hand (L)
3. 15 quick stick throws Right Hand (R) (*no cradle*)
4. 15 quick stick throws Left Hand (L) (*no cradle*)
5. 10 behind the back throws (BTB) Right (*optional*)
6. 10 BTB throws Left (*optional*)

Back up to about 10-12 YARDS from the wall. Pick a spot on the wall which is about 1 ft by 1 ft in area and about 6-8 feet off the ground:

1. 30 crisp throws R
2. 30 crisp throws L
3. 35 crisp throws R
4. 35 crisp throws L
5. 35 crisp throws R
6. 35 crisp throws L
7. Take 60 second rest
8. In 60 seconds (at crisp pace) hit spot as many times as you can R
9. In 60 seconds (at crisp pace) hit spot as many times as you can L
10. Take 60 second rest
11. (at crisp pace) Hit spot 25 times R (no time limit)
12. (at crisp pace) Hit spot 25 times L (no time limit)

Back up to about 15-18 YARDS from the wall. Pick a spot on the wall which is about 1 ft by 1 ft in area and about 6-8 feet off the ground:

1. 15 hard throws R
2. 15 hard throws L
3. 20 hard throws R
4. 20 hard throws L
5. 15 hard throws R
6. 15 hard throws L
7. take 60 second rest
8. In 60 seconds (at hard pace) hit spot as many times as you can R
9. In 60 seconds (at hard pace) hit spot as many times as you can L
10. Take 60 second rest
11. (at crisp pace) Hit spot 10 times R (no time limit)
12. (at crisp pace) Hit spot 10 times L (no time limit)

Move in to about 10-12 YARDS from the wall. Pick a spot on the wall which is about 1 ft by 1 ft in area and about 6-8 feet off the ground:

1. 30 crisp throws R
2. 30 crisp throws L
3. 35 crisp throws R
4. 35 crisp throws L
5. 35 crisp throws R
6. 35 crisp throws L
7. Take 60 second rest
8. In 60 seconds (at crisp pace) hit spot as many times as you can R
9. In 60 seconds (at crisp pace) hit spot as many times as you can L
10. Take 60 second rest
11. (at crisp pace) Hit spot 25 times R (no time limit)
12. (at crisp pace) Hit spot 25 times L (no time limit)

Move in to about 10-12 FEET from the wall. **ADVANCED**

1. 25 quick stick throws R (no cradle)
2. 25 quick stick throws L (no cradle)
3. 20 BTB (*Behind the back*) throws R
4. 20 BTB (*Behind the Back*) throws L
5. 25 quick stick throws R (no cradle)
6. 25 quick stick throws L (no cradle)
7. 20 BTB (*Behind the Back*) throws R
8. 20 BTB (*Behind the Back*) throws L

NOTES TO WATCH FOR:

****Player should not have the ball hit the ground -- EVER. If the ball “one hops” back, they are not throwing it hard enough.**

**Pay attention to player footwork as they should be light on the balls of their feet and repositioning their feet with each pass. A common mistake is players get flat footed and this can develop bad mechanics.

**Make sure players are not “choking” the stick. It will make catching very difficult (players tend to stab at the ball). Most passing and catching is done with fingers (*which allows players to give with the ball when catching*).