

## SYL April Wall Ball Routine 7<sup>th</sup>& 8<sup>th</sup> Grade

**Frequency – 3 sessions per week, 3 exercises per session:**

No time limit, not consecutive without dropping; just complete # reps indicated

### 1) Righty/Lefty 2-hand – 100R/100L

- 6-10 Steps from wall
- Feet perpendicular to the wall, with opposite foot forward
- Stick up and back with elbows out
- Full pass using push, pull, point
- Pick a spot on the wall and work on accuracy
- Throw righty – catch righty x100, Throw lefty – catch lefty x100

### 2) Righty/Lefty one-handed – 30R/30L

- 4-5 Steps from wall
- Feet perpendicular to the wall, with opposite foot forward
- Full “baseball” throwing motion (not quick-stick)
- Stick back and snap wrist
- Throw righty one hand – catch righty one hand x30
- Throw lefty one hand – catch lefty one hand x30

### 3) Pass righty / catch lefty – 100 total

- Pass righty – quick hand exchange - catch lefty
- Change hand and foot position
- Pass lefty – quick hand exchange - catch right
- Repeat in continuous motion alternating hand and foot position

<b>April</b>			
	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>
<b>Week 1</b>	Completed	Completed	Completed
<b>Week 2</b>	Completed	Completed	Completed
<b>Week 3</b>			
<b>Week 4</b>			

**Prizes - All players who complete the April routine will receive**

- A SYL Wall Ball Helmet Sticker
- And will be entered into a raffle to select a prize from the Swag Bag
- One winner in every grade every month!