

SYL May Wall Ball Routine 5th& 6th 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 – 50R/50L

- 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 x50, Throw lefty – catch lefty x50

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 – 75 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

May			
	Session 1	Session 2	Session 3
Week 1			
Week 2			
Week 3			
Week 4			

Prizes - All players who complete the May 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!