

# WALL BALL ROUTINE

## Reps:

1. 25 Right Hand
2. 25 Left Hand
3. 25 Catch Left Throw Right
4. 25 Catch Right Throw Left
5. 25 Throw Normal Right and Catch Righty  
*Across Your Body (on the Left Side of Your Body, to mimic catching a bad pass)*
6. 25 Throw Normal Left and Catch Lefty  
*Across Your Body (on the Right Side of Your Body, to mimic catching a bad pass)*
7. 25 One Hand Right (\*Long Sticks See Below)
8. 25 One Hand Left (\*Long Sticks See Below)
9. 25 Quick Stick Right
10. 25 Quick Stick Left

*\*Long Sticks- 25 Right and Left Hand back-handed shovel passes*

