

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*

