

WALL BALL DRILLS

All exercises should be performed with both hands

Any wall will work, but a smooth concrete wall at least ten feet tall would be best, a racquetball court is ideal.

Wear your gloves during your workout

Stand about five yards from the wall

Point your shoulder at the target, keep both hands high. Do the little things right...all the time!!

Practice makes permanent

Do this workout 4 to 5 times each week. It should take 20 minutes of your time. Your skills will improve noticeably.

Drills:

One Cradle	50 R, 50 L
Quick stick	50 R, 50 L
One hand on stick – one cradle	50 R, 50 L
One hand on stick – quick stick	50 R, 50 L
Catch and switch	50
Catch and roll	50
Catch – Fake – Toss	25 R, 25 L
Change levels (lo to hi), (hi to lo)	25 R, 25 L
Throw backwards	50 R, 50 L
BE CREATIVE	25 R, 25 L
Finish were you started – On Cradle	50 R, 50 L

Routine should take no more than 20 minutes

Always wear gloves

Remember it's the quality & speed of each rep not the quantity. Your goal is to improve your stick skills and hand speed.

For expert level try filling an old shaft with sand and completing the workout.

Always have two or three balls with you, stop watch, and tunes

ENJOY GETTING BETTER

Stallions Wall Ball Test

One Cradle	10R	10L
Catch and Switch	10R	10L
Pass and Switch	10R	10L
One Hand	5R	5L
Cross Hands	10R	10L
Quick Sticks	10R	10L
Back Hands	5R	5L

Short Sticks 2 minutes and under

Long poles 3 minutes and under