

Wall Ball Routine

Do 15 reps of each exercise. (Increase the reps or repeat as you have time and your skills improve)

A concrete or brick wall works best for wall ball. You can also use a rebounder. Stand 5-7 yards away from the wall and aim for a spot with each throw.

****ALWAYS stay light on your feet****

****ALWAYS move your body to catch the ball****

Here are some great wall ball videos that explain some of the exercises listed. You don't have to follow the videos rep count or all their exercises. The videos are examples of how to do the exercise.

<https://youtu.be/JFGr6Q9XMU?si=jTnvw97nxGalCqjl&t=53>

https://youtu.be/qD-VTfZ-i8s?si=lx66_D8FOIM_dHh&t=31

Catch/Throw Right

Catch/Throw Left

Quick Stick Right (no cradles)

Quick Stick Left (no cradles)

One hand Right

One hand Left

Throw Right / Catch Left (Switch Hands)

Throw Left / Catch Right (Switch Hands)

[Crossbody Throw Right \(Canadian\)](#)

[Crossbody Throw Left \(Canadian\)](#)

Crossbody Catch Right

Crossbody Catch Left

Catch/Throw offside (R + L)

Extra Challenges:

[Behind the Back](#)

[Around the World](#)

[Twizzler](#)

[Shovel Pass](#)