



Workout #1

Back to Basics: Wall Ball / Partner Passing

Part One: Warm-Up!

15 reps each hand, each exercise

- #1 1-Handed - Top of stick - No cradle, not a quick stick, **SOFT HANDS**
 - #2 1-Handed - Middle of stick - No cradle, not a quick stick, **SOFT HANDS**
 - #3 2-Hands - Top ½ of stick - No cradle, not a quick stick, **SOFT HANDS**
 - #4 2-Hands - Bottom ½ of stick - No cradle, not a quick stick, **SOFT HANDS**
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Part Two: Control

20 CONSECUTIVE reps each hand (except alt. hands = 20 total), each exercise - NO DROPS

- #1 Regular grip - Half cradle for control
 - #2 Alternate Hands - Regular grip - No cradle, catch → switch → pass...
 - #3 Regular grip - Full cradle, not a quick stick
 - #4 Alternate Hands - Regular grip - Quick stick, no cradle, switch hands when ball is against the wall
 - #5 Both hands top ½ of stick - Quick stick! GO!
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Part Three: Finesse

20 reps each hand (except alt. hands = 20 total), each exercise

- #1 Regular grip - Catch stick-side → flip grip → pass off-stick
 - #2 Regular grip - Catch off-stick → cradle across to shoulder → pass stick-side
 - #3 Regular grip - Hitch across → hitch next to you → pass
 - #4 Alternate Hands - Regular grip - Hitch low → pass over the top → catch → switch hands → repeat
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Notes:

- ✓ When switching hands in the last part of finesse *keep your stick head below your chin for protection & use your shoulders*
- ✓ Keep your feet moving
- ✓ Try to hit your target in the same place
- ✓ This should be a workout! Keep a challenging pace while maintaining good form