



## **Workout #3**

### **Back to Basics: Wall Ball / Partner Passing**

#### **Part One: Warm-Up!**

*15 reps each hand, each exercise*

- #1 2-Hands - Top ½ of stick - **SOFT HANDS**, no cradle, not a quick stick
- #2 2-Hands - Bottom ½ of stick - **SOFT HANDS**, no cradle, not a quick stick
- #3 2-Hands - Regular grip - **SOFT HANDS**, no cradle, not a quick stick
- #4 2-Hands - Regular grip - Quick stick back & forth to both sides of your body

---

#### **Part Two: Control**

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

- #1 Regular grip - One cradle
- #2 Regular grip - One hitch or full pass/shot fake (use a variety)
- #3 Low grip - Side arm & risers, practice hip & down releases/catches
- #4 Alternate Hands - Regular grip - Quick stick, no cradle - Catch → switch → pass

---

#### **Part Three: Finesse**

*15 reps each hand (except alt. hands = 15 total), each exercise*

- #1 Regular grip - Pass → catch → pull stick across your body & drop the stick head below off-stick knee
- #2 Regular grip - Pass → catch → drop top hand → touch stick to the ground 1-handed w/ ball
- #3 Alternate Hands - Switch hands with a split dodge on the catch
- #4 Alternate Hands - Switch hands with a roll dodge on the catch

---

#### **Notes:**

- ✓ When switching hands in a split or roll dodge \*keep your stick head below your chin for protection & use your shoulders\*
- ✓ Keep your feet moving, don't stand in one place → move side-to-side, run forward, drop step
- ✓ Try to hit your target in the same place for accuracy
- ✓ Really focus on soft catches in the warm-ups, give with the catch - you shouldn't have to cradle to keep the ball in your stick, \*be fluid!