



Defensive Workout Wall Ball / Partner Passing

Part One: Passing

20 reps each hand, each exercise

- #1 Regular grip - Quick stick, no cradle
- #2 Regular grip - One cradle
- #3 Regular grip - Catch off-stick → cradle across to shoulder → pass stick-side
- #4 Regular grip - Lead pass & catch - Right hand up, left hip to wall / left hand up, right hip to wall - no cradle, no quick stick, **SOFT HANDS** - Extend arms

Part Two: OTS & Long Passing

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

- #1 Regular grip - Back to the wall - Pass behind you *don't switch hands → catch up field pass in front
- #2 Regular grip - Back to the wall - Pass behind you → switch hands & catch OTS → switch hands to pass
- #3 Regular grip - Long passes (back up) - one cradle, follow all the way through
- #4 Low grip, bottom ½ of stick - Long passes - One cradle, follow all the way through
- #5 Regular grip - Side arm long passes - Cradle for control → Hitch across → side arm pass

Part Three: Groundballs

15 reps each hand, each exercise (yes, even your non-dominant hand!)

- #1 Regular grip - Give yourself big bounce passes
- #2 Regular grip - Groundballs - Back up & hit the wall low → run through the GB → drop step back to start
- #3 Regular grip - Groundballs away - Start close to the wall → hit the wall low → chase it down!

Notes:

- ✓ Keep yourself 20-25 yds from the wall for long passes
- ✓ Get your arms out & away from your body for maximum power!
- ✓ Keep your feet moving
- ✓ Try to hit your target in the same place for accuracy
- ✓ Get low & run all the way through every GB! Work on stick protection!