



Wrist Strengthening Workout Wall Ball / Partner Passing

Part One: Warm-Up!

15 reps each hand, each exercise

- #1 1-Handed - Top of stick - Quick stick!
 - #2 1-Handed - Middle of stick - Quick stick!!
 - #3 1-Handed - Top of stick - Low flip passes/catches, quick stick - knee level (get low)
 - #4 1-Handed - Middle of stick - Low flip passes/catches, quick stick - knee level (get low)
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Part Two: Forearms & Shoulders

10 reps each hand (except alt. hands = 10 total), each exercise

- #1 1-Handed - Very bottom of stick - All 1-handed passing & catching - One cradle *keep passes high
 - #2 2-Hands - Pass 2-Handed, slide top hand down to catch 1-Handed → 3 BIG cradles → back to 2 hands
 - #3 Alternate - Pass 2-Handed, slide top hand down to catch 1-Handed → back to 2 hands → switch hands
 - #4 2-Hands - Pass 2 handed, slide top hand down to catch 1-Handed → 3 walk-the-dog cradles
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Part Three: Cradle & Wrist Work!

10 reps each hand (except alt. hands = 10 total), each exercise

****Keep your hands at the very top & very bottom of your sticks for Part 3**

- #1 Pass & catch → drop bottom hand → 5 warding cradles with top hand only *shoulder protection
 - #2 Pass & catch → drop top hand → 5 Maryland cradles in front
 - #3 Pass & catch in tight & in front → 5 boy cradles low at your hips
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Notes:

- ✓ Stretch your wrists, arms and shoulders before and after!
- ✓ When going from 2-hands to 1-hand, work on sliding your top hand all the way down to the butt of your stick to maximize your reach
- ✓ Keep your feet moving
- ✓ Use big shoulder pumping cradles, wide walk-the-dog cradles & challenge your reach in Part 2