

Wall Ball Test (Goal is to make it under 2:00)

10	Right with 1 cradle
10	Left with 1 cradle
10	Right quick stick
10	Left quick stick
5	Right one handed (Top of stick)
5	Left one handed (Top of stick)
10	Reverse Right
10	Reverse Left
10	Switches
5	Behind the back

Finesse Wall Ball

20	Warm up Right/Left hands
40	Catch and Switch NO CRADLE -- Throw right, catch right, switch hands, throw left, catch left, switch hands, etc.
40	Quick Hands- Throw right, switch hands while ball is hitting the wall, catch left, throw left, switch hands while ball is hitting the wall, catch right.
40	Right Throw Strong/Catch Off side- Stick in right hand, throw normal, bring stick across the body to left side while ball hits the wall, catch the ball on your weak (left) side. Bring stick back to right side (still in right hand) to repeat.
40	Left Throw Strong/Catch Off side
40	Righty Throw Weak/Catch Strong- Stick in right hand on left side of the body, throw off side, bring stick across body to right side while ball hits the wall, catch the ball on your right side. Bring stick back to left side (still in right hand) to repeat.
40	Left Throw off side/Catch left side
40	Right Tiny Hands- Choke up on your stick, both hands on top half of stick. Catch and throw directly in front of your face
40	Lefty Tiny Hands

Reaction Wall Ball

40	Right Quick stick
40	Left Quick stick
40	Right Off Side Quick stick- Right hand on top of stick, throwing and catching on the left side of your body.
40	Lefty Weak Quick stick - Left hand on top of stick, throwing and catching on the right side of your body.
40	Right Floor-to-Wall 1 Handed Reach- Throw the ball at the floor so that it hits the floor, then the wall, and rebounds high into the air. Jump up and grab it one handed and pull it down.

40	Left Floor-to-Wall 1 Handed Reach
40	Righty Wall-to-Floor Ground Ball Bounce- Throw the ball at the wall so that it hits the wall, then the floor, and rebounds low and hard back to you.
40	Funny Bounce- Throw the ball any weird way you want so that it hits the wall and floor and rebounds in a way that challenges you to catch it. React and adjust quickly to grab the ball. Right and Left

Wall Ball #1 – Focus is basics and adding in dodges

20	Right Hand – Face dodge
20	Left Hand – Face dodge
20	Right hand quick stick
20	Left hand quick stick
40	Switching hands – Use split dodge to change hands
20	Catch Right – switch to left – release
20	Catch left – switch to right - release
20	Catch off stick side – right hand up, pull across, release
20	Catch off stick side – left hand up, pull across, release
20	Behind the back right handed
20	Behind the back left handed

Wall Ball #2 – Focus is on selling the quick fakes

25	Right hand - Fake low – pass high
25	Left hand - Fake low – pass high
25	Right hand – Fake high – pass low (will receive bounce pass from wall)
25	Left hand – Fake high – pass low (will receive bounce pass from wall)
25	Right hand – Shot fake then behind the back
25	Left hand – Shot fake then behind the back
25	Right hand – Shot fake – pull across and shoot off side.
25	Left hand – Shot fake – pull across and shoot off side
25	Shot fake – to an around the world
25	Shot fake – to an around the world

Wall Ball #3 – Focus is on basics and using little hands for tight spaces.

25	Right hand– use little hands – middle to top of stick
25	Left hand – use little hands – middle to top of stick
25	Right – Catch switch release – use little hands – middle to top of stick
25	Left – Catch switch release – use little hands – middle to top of stick
25	Quick stick right – use little hands – middle to top of stick
25	Quick Stick left - use little hands – middle to top of stick

25	Right hand - Sidearm
25	Left hand - Sidearm
30	Right hand up - use little hands - throw bounce to send high - catch 1 handed at peak
30	Left hand up - use little hands - throw bounce to send high - catch 1 handed at peak

Wall Ball #4 - High Rep basics

50	All Right
50	All Left
50	Catch Right, Throw Left
50	Catch Left, Throw Right
25	One Handed Right
25	One Handed Left
50	Back of Stick - Quick Stick Right
50	Back of Stick - Quick Stick Left
25	Right - Behind the back
25	Left - Behind the back