



Workout #2

Back to Basics: Wall Ball / Partner Passing

Part One: Warm-Up!

20 reps each hand, each exercise

- #1 1-Handed - Top of stick - Half-Cradle for control
- #2 1-Handed - Middle of stick - One cradle
- #3 2-Hands - Top ½ of stick - One cradle, keep entire stick in front of you at all times
- #4 2-Hands - Bottom ½ of stick - 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: Control

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

- #1 Regular grip - Quick stick! No cradle!
- #2 Regular grip - Quick stick back & forth to both sides of your body
- #3 Alternate Hands - Regular grip - Quick stick, no cradle - Switch hands when ball is against the wall
- #4 Regular grip - One cradle
- #5 Regular grip - Long passes (back up from wall) - One cradle, follow all the way through to the ground

Part Three: Finesse

25 reps each hand (except alt. hands = 25 total), each exercise

****Right hand up, left hip to wall / left hand up, right hip to wall**

- #1 Regular grip - Lead pass & catch - Work different levels & releases
- #2 Regular grip - Hitch high → side arm passes & risers
- #3 Regular grip - Hitch low → pass over the top
- #4 Alternate Hands - Switch hands after every catch - Alternate hitches & releases

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
- ✓ Hitch **HARD**
- ✓ Big arms for long passes
- ✓ Try to hit your target in the same place for accuracy
- ✓ This should be a workout! Keep a challenging pace while maintaining good form