

Footwork Workout Wall Ball / Partner Passing

*You will need either 2 sticks, or a long object to step over/around for footwork

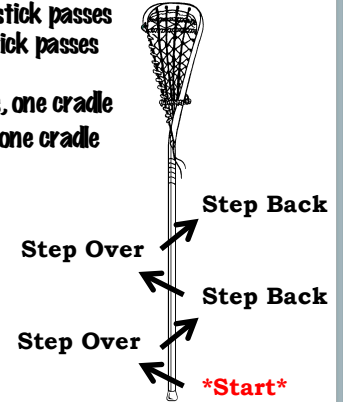
#1: Horizontal stick - 2 feet over, 2 feet back while passing

- Righty up - 30 quick stick passes
- Lefty up - 30 quick stick passes
- Rest!
- Righty up - 15 passes, one cradle
- Lefty up - 15 passes, one cradle



#2: Vertical stick - 2 feet over, 2 feet back while passing

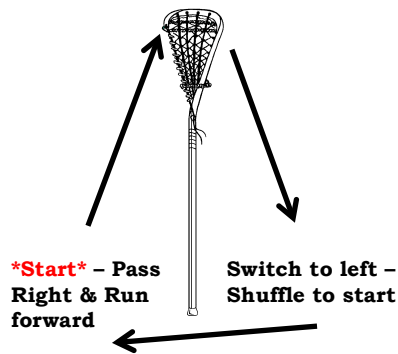
- Righty up - 30 quick stick passes
- Lefty up - 30 quick stick passes
- Rest!
- Righty up - 15 passes, one cradle
- Lefty up - 15 passes, one cradle



#3: Vertical stick - drop stepping & shuffling

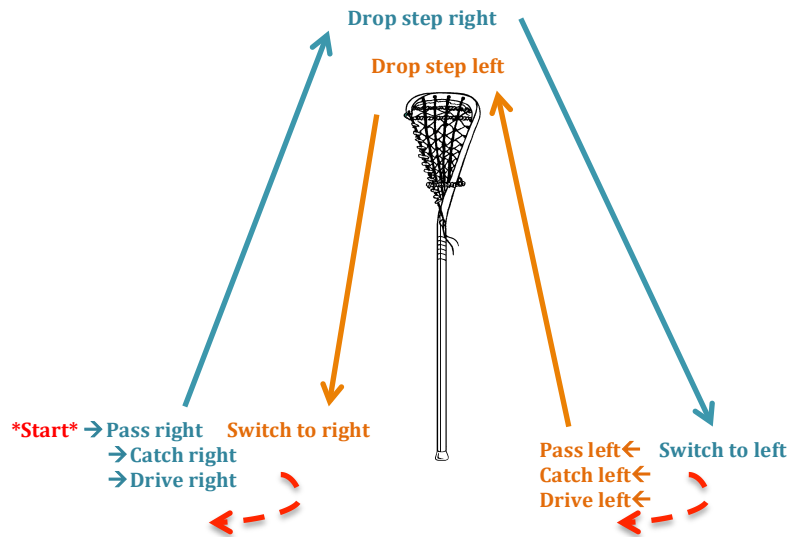
- *Practice shoulder/stick protection - especially when drop stepping
- 30 Right hand up (example below)
- Rest!
- 30 Left hand up (start on opposite side)

Catch right - Drop step



#4: Vertical stick - drop stepping

- 15 Drives right
- 15 Drives left



#5: Horizontal stick - shuffling & drop stepping

- 10 sets starting righty up over the top of your stick (example below)
- Rest!
- 10 sets starting lefty up over the top of your stick

