

MESA WALL BALL WORKOUT		MESA WALL BALL WORKOUT
Wall Ball	catch with top hand, one cradle, pass with both hands	40 catches strong hand, 40 catches off hand
Wall Ball	catch with bottom hand across body, one cradle, pass with both hands	40 catches strong hand, 40 catches off hand
Wall Ball	Angled pass to Over the Shoulder Catch	40 catches strong hand, 40 catches off hand
Wall Ball	standing backward, back facing the wall, snap bottom hand	40 catches strong hand, 40 catches off hand
Wall Ball	catch, switch hands, pass - keep stick to the inside	40 catches strong hand, 40 catches off hand
Wall Ball	catch, switch hands, 1 fake away, pass – keep stick to the inside	40 catches strong hand, 40 catches off hand
Wall Ball	pass, switch hands (while ball is in the air) catch	40 catches strong hand, 40 catches off hand
Wall Ball	Big pump fake (turn your body 180 degrees behind you) and pass	40 catches strong hand, 40 catches off hand
Wall Ball	quick fake away from intended target (snowball fight) and pass	40 catches strong hand, 40 catches off hand
Wall Ball	Behind the back fake and pass	40 catches strong hand, 40 catches off hand
Wall Ball	Around the world fake and pass	40 catches strong hand, 40 catches off hand
Wall Ball	2 fakes away and pass, catch	40 catches strong hand, 40 catches off hand
Wall Ball	behind the back pass - strong hand only	40 catches strong hand only
Wall Ball	around the world pass - strong hand only	40 catches strong hand only
Wall Ball	pass, switch hands (while ball is in the air) catch	40 catches strong hand, 40 catches off hand
Wall Ball	open posture into closed shooting posture	40 catches strong hand, 40 catches off hand
Wall Ball	Behind the back to self and pass	40 catches strong hand only
Wall Ball	1 quick fake & pass, 1 pump fake & pass, 1 HiLo (or LoHi) fake & pass	in order 10 catches of each, strong hand, weak hand