



Wall Ball Drills

Before you get started:

Make sure you stretch and loosen up before you start any rigorous activity or training.

It is important to complete all wall ball drills with both hands, both for muscle balance and overall growth of your game.

Just like in a game, you should always be wearing your gloves and be moving your feet. Don't be lazy, practice like you would play.

Complete all techniques at least 40-50 times each, giving yourself a good workout as well as helping with your muscle memory.

Spend at least 20-30 minutes each time you go to the wall. If you are only going to the wall 1-2 a week, spend more time and repeat your sets.

Wall Drills:

- Right-handed quick sticks (50) and then change to your left hand. Make sure to keep your feet balanced, with your opposite foot slightly forward.
- Full passing, catching and throwing right-handed (50) then switch hands and repeat lefty.
- Catch right-handed, cross in front of your face and throw left. Catch left, cross in front of your face and throw right. Repeat 50 times on each hand.
- Catch and throw, changing hands every time the ball is in the air.
- Throw righty, catch righty cross-handed (50). Throw left, catch lefty cross-handed (50).
- Catching and throwing on the run. Righty inside, lefty inside, righty across your body, lefty across your body.
- Depending on the surface, hit the wall so the ball bounces back to you. Challenge yourself by minimizing your distance from the wall and increasing your pace.
- Throw for accuracy, hit the same spot repeatedly. Change your location while hitting the same spot on the wall.
- Develop a drill on your own that is fun. Short hop the wall and catch over your shoulder, throw behind your back, catch behind your back. Do something creative that you enjoy, it will make going back to the wall easier the next time.