



## Wall Ball Routine

**\*\* ROUTINE SHOULD BE COMPLETED TWICE, THREE TIMES PER WEEK \*\***

- 10 RH (Regular)
- 10 LH (Regular)
- 10 Catch, Change Hands & Throw (10 reps with each hand)
- 10 Throw, Change Hands & Catch (10 reps with each hand)
- 10 Cross Handed RH
- 10 Cross Handed LH
- 10 Quick Stick RH
- 10 Quick Stick LH
- 10 One Handed RH
- 10 One Handed LH
- 5 Behind the Back RH
- 5 Behind the Back LH

**Time yourself every time you attempt the wall ball routine.**

**Your goal is to continue to improve your speed each time.**

**Also keep track of dropped balls and work to lower that number each time you hit the wall.**