

Tuesday Tip for September 20, 2021

Wall Ball Routine

We all know wall ball is a great way to improve our stickhandling, but sometimes we get to the wall and don't have a plan for how to spend our 15-20 minutes of dedicated time. Here are some ideas. Try some, try all, but most importantly, have fun and enjoy the time!

Do each drill with BOTH hands.

Chalk a target on the wall, or simply pick a specific brick to give yourself an aiming point.

Strive to complete each set quickly and efficiently, but don't rush. Get quality reps.

Put on some music, go with a friend and HAVE FUN!

- 50 half cradle
- 50 quick stick
- 25 one handed
- 50 pass/catch switch hands
- 50 pass/catch face dodge
- 50 pump fake (hitch)
- 50 side arm
- 50 underhand
- 50 twister or cross handed
- 50 backhanded flip
- 50 behind the back
- 50 half cradle

