**Tuesday Tip for September 20, 2022**

**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