

Burning River Wall Ball

(Coach Calleri)

Notes

- Use your gloves when performing this routine.
- Stand about five yards away from the wall.
- Any wall will work, but a smooth concrete wall is best.
- All drills must be performed with both hands.

Expectations

- HS players - 25 of each
- MS players - 20 of each
- Youth players - 15 of each
- Goalies – 30 of strong hand only

Routine

- 2 handed - Catch Right, 1 Cradle, Throw Right
- 2 handed - Catch Left, 1 Cradle, Throw Left
- 1 handed - Catch Right, 1 Cradle, Throw Right
- 1 handed - Catch Left, 1 Cradle, Throw Left
- 2 handed - Catch Right, NO Cradle, Throw Right
- 2 handed - Catch Left, NO Cradle, Throw Left
- 2 handed - Catch and Switch - Throw right, catch right, split dodge to left hand, throw left, catch left and split back to right hand
- 2 handed - Catch and Roll - Throw right, catch right, roll to your to left hand, throw left, catch left and roll back to right hand
- 2 handed - Twister / back handed – Throw right, catch backhanded. Throw backhanded, catch right
- 2 handed - Twister / back handed – Throw left, catch backhanded. Throw backhanded, catch left.

Thoughts

- If you want to push it do a set of throw behind the back and catch forward.
- High school players – you should be able to do most of these drills while walking or jogging down the wall.