WALL BALL ROUTINE

1. Use your helmet & gloves when performing this routine.
2. Stand about 5 yards from the wall.
3. Fire the ball against the wall, challenge yourself.
4. Perform this routine 3 to 4 times a week.
5. Drills:

    50 x Normal Right Hand

    50 x Normal Left Hand

    50 x Throw Right & Catch Right Hand Across Body

    50 x Throw Left & Catch Left Hand Across Body

    25 x One hand Righty (Shovels if D or LSM)

    25 x One hand Lefty (Shovels if D or LSM)

    50 x Right Quick Sticks

    50 x Left Quick Sticks

The Only Easy Day Was Yesterday!

It's All About The Ball!