**WALL BALL**

About 5 paces from the wall

Not square to the wall – shoulders and hips angled, lead-foot forward

Gloves (and helmet preferred)

Aim at a target on the wall about 1 ft. above eye-level

In fast repetition without pause

50 Times each drill

Right to Right – 1 Cradle

Left to Left – 1 Cradle

Right to Right – Quick Stick

Left to Left – Quick Stick

with/or without cradle, can use 2 hands to catch if nec. at first

1 Hand Right to Right

1 Hand Left to Left

Change Hands - Right to Right –Change hands – Left to Left, Reverse

Quick Change - Right to Left/Left to Right

Add your own – Cross Hands

Right to Right, Face Dodge

Left to Left, Face Dodge

Behind the Back