



# CENTRE WELLINGTON RIVERHAWKS

## Wall Ball Workout

### *Instructions*

- Pick a target (you can create one with a piece of tape) on the wall or rebounder, aim at the target with every throw.
- Make sure with every throw you bring your stick back over the shoulder to throw.
- Watch your spacing, you'll want to be about 15 feet away from target.
- Pick a level and execute reps for each exercise before moving on.

### *Chest Parallel (Normal)*

10	15	20
Beg	Int	Adv

- With feet pointing towards the wall, throw and catch ball
- Repeat for suggested reps

### *Chest Perpendicular*

10	15	20
Beg	Int	Adv

- With feet pointing parallel to wall, throw and catch ball
- Repeat for suggested reps
- Note: keep arms and feet away from body

### *Close Grip Cross Arms*

10	15	20
Beg	Int	Adv

- Begin with hands close together on shaft
- Throw ball with dominant hand against wall to weak side shoulder
- Cross arms to catch ball in front of weak side shoulder
- Toss ball back toward strong side shoulder
- Repeat for suggested reps
- Note: keep arms and feet away from body

### *Distance Throw to Pick-Up*

6	8	10
Beg	Int	Adv

- Stand back from wall -- about 20 feet
- Throw ball against wall so that it bounces back at your feet
- Pick ball up on the short hop
- Repeat for suggested reps
- Note: stay low and keep body in front of the ball



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### *Catch and Roll Off*

6	8	10
Beg	Int	Adv

- With feet parallel to wall, throw and catch ball
- Roll off “defender” and step towards the wall
- Repeat for suggested reps
- Note: protect your stick as you roll off

### *Quick Stick*

10	15	20
Beg	Int	Adv

- Stand closer to the wall -- about 6 feet
- Throw ball against wall and catch it in rapid succession
- Repeat for suggested reps
- Note: do not cradle the ball after catching, feel it into the pocket and then release

### *One Hand*

10	12	14
Beg	Int	Adv

- Stand close to wall with only one hand on your stick
- Throw ball against wall and catch with same hand
- Repeat for suggested reps
- Note: choking up on shaft makes throwing and catching easier

### *Throw Catch Switch*

6	8	10
Beg	Int	Adv

- Stand facing wall with stick in right hand
- Throw ball against wall and catch it on the same side (right)
- Switch stick to left hand
- Throw ball against wall and catch it on the same side (left)
- Switch back stick to right hand
- Each right and left throw equals one rep
- Repeat for suggested reps



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### *Throw Switch Catch*

6	8	10
Beg	Int	Adv

- Stand facing wall with stick in right hand
- Throw ball against wall toward left shoulder
- Switch stick to left hand
- Catch ball off the wall with left hand
- Repeat in the opposite direction
- Each back-and-forth throw equals one rep
- Repeat for suggested reps

### *Behind Back*

6	8	10
Beg	Int	Adv

- Stand with feet perpendicular to wall
- Toss ball behind back against wall
- Catch ball in front
- Repeat for suggested reps