



CENTRE WELLINGTON RIVERHAWKS

Wall Ball Challenge - Intermediate

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.
- Mark off each day's worth of touches for the week as you complete them.
- When complete, scan and email your completed challenge to the CWMLA Player Development Convenor (development@cwmla.com) to be entered into the grand prize raffle.

Week 1 - Chest Parallel (Normal)

- 100x Chest Parallel (Normal)
 - With feet pointing towards the wall, throw and catch the ball
 - Ensure that you take a step towards your target with your butt foot, and that you point your stick to where you want the ball and follow through

100	100	100	100	100

Week 2 - Chest Perpendicular

- 100x Chest Perpendicular (Normal)
 - With feet pointing parallel to the wall, throw and catch the ball
 - Ensure that you take a step towards your target with your butt foot, and that you point your stick to where you want the ball and follow through

100	100	100	100	100

Week 3 - Cross Body Catch

- 100x Cross Body Catch
 - With feet pointing towards the wall, throw the ball towards your target at an angle. The ball should bounce off your target on the same angle and return to you on your weak side.



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- Catch the ball on your weak side and then roll your stick back into the triple threat position ready for your next throw.

100	100	100	100	100

Week 4 - Fake shot / Face Dodge

- 50x Fake and Throw
 - Fake a pass or shot then take a step and throw.
 - For an added Challenge, try 30 on your good hand and 20 on your off-hand.
- 50x Face Dodge - Throw
 - For an added Challenge, try 30 on your good hand and 20 on your off-hand.

100	100	100	100	100

Week 5 - Put It All Together

- 30x Chest Parallel (Normal)
- 30x Chest Perpendicular
- 20x Cross Body Catches
- 10x Fake – Throw - Catch
- 10x Face Dodge- Throw – Catch

100	100	100	100	100

Completed by: _____

Completed on: _____