



# CENTRE WELLINGTON RIVERHAWKS

## Wall Ball Challenge

### *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](mailto:development@cwmla.com)) to be entered into the grand prize raffle.

### *Week 1 - Normal and Chest Perpendicular*

- 50 x Chest Parallel (Normal)
- 50 x Chest Perpendicular

100	100	100	100	100

### *Week 2 - Fake shot / Face Dodge*

- 50 x 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.
- 50 x 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 3 - Quick Stick / Catch and Roll Off*

- 50 x Quick Stick
  - Be a bit closer for this one, about 8-10 feet.
  - Throw ball with minimal time in stick, no cradling just in and out.
  - For an added challenge, try 30 on your good hand and 20 on your off-hand.
- 50 x Catch and Roll Off
  - For an added challenge, switch hands after rolling off and perform both sides.

100	100	100	100	100

Completed by: \_\_\_\_\_

Completed on: \_\_\_\_\_