



CENTRE WELLINGTON RIVERHAWKS

Wall Ball Challenge - Beginner

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 - Distance Throw to Pick-up

- 25 - 50x Distance Throw to Pick-up
 - Stand a bit far away from your target
 - Throw the ball at your target
 - The ball should bounce in front of you, square up your body and try to get the ball into your stick. If you miss the ball should hit your body and fall in front of you to scoop up

25 - 50	25 - 50	25 - 50	25 - 50	25 - 50

Week 2 - Distance Throw to Pick-up

- 25 - 50x Distance Throw to Pick-up
 - Stand a bit closer than the previous week from your target
 - Throw the ball at your target
 - The ball should bounce in front of you, square up your body and try to get the ball into your stick. If you miss the ball should hit your body and fall in front of you to scoop up

25 - 50	25 - 50	25 - 50	25 - 50	25 - 50

Week 3 - Chest Parallel (Normal)

- 25 - 50x Chest Parallel (Normal)
 - With feet pointing towards the wall, throw and catch the ball



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- 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

25 - 50	25 - 50	25 - 50	25 - 50	25 - 50

Week 4 - Cross Body Catch

- 25 - 50x 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
 - Catch the ball on your weak side and then roll your stick back into the triple threat position ready for your next throw

25 - 50	25 - 50	25 - 50	25 - 50	25 - 50

Week 5 - Put It All Together

- 10 - 20x Distance Throw to Pick-up
- 10 - 20x Chest Parallel (Normal)
- 5 - 10x Cross Body Catch

25 - 50	25 - 50	25 - 50	25 - 50	25 - 50

Completed by: _____

Completed on: _____