



CENTRE WELLINGTON RIVERHAWKS

Wall Ball Challenge - Advanced

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 - Normal and Cross Body Catch

- 50 x Normal throws and catch
- 50 x Cross body catches
 - take one step to your shooting side and toss ball at target and catch the ball on other side of the body

100	100	100	100	100

Week 2 - Normal and Opposite Hand Catches

- 50 x Throws and catches with both hands
 - Throw with right and catch with left
 - Throw with left and catch with right
 - Repeat this sequence
- 50 times for a total 100 throws and 100 catches

100	100	100	100	100

Week 3 - 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.



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- 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 4 - Quick Stick / One Handed

- Be a bit closer for this one, about 8-10 feet.
- 50 x Quick Stick
 - 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 One handed throws and catches
 - 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

- 10 x Normal throw and catch
- 10 x Cross Body Catches
- 10 x Throws and catches with good hand
- 10 x Throws and catches with off hand
- 10 x Throw with right and catch with left
- 10 x Throw with left and catch with right
- 10 x Fake – Throw - Catch
- 10 x Face Dodge- Throw – Catch
- 10 x Quick Stick
- 10 x One handed throws and catches

100	100	100	100	100

Completed by: _____

Completed on: _____