

Good Counsel Wall Ball Suggestions

Challenging #1

- 1- 5 yards away- catch and cradle- do it 40x each hand w/o drops
- 2- 3-5 yards away- quickstick-40x each hand w/o drops
- 3- >1 yard away- quickstick-40x each hand w/o drops
- 4- 5 yards away- catch righty throw left-40x each hand w/o drops
- 5- 5 yards away- catch/throw on opposite side of head/box(if that makes sense)40x each hand w/o drops
- 6- as far as you can throw and have it come back to you-40x each hand w/o drops
- 7-behind the back-40x each hand w/o drops
- 8-around the world-40x each hand w/o drops

when you can do all this through w/o drops, you can say to yourself that you are good at passing.

Challenging #2

- Quick stick – 50 right, then 50 left (no cradle)
- One hand quick stick- 50 right, then 50 left (no cradle)
- Quick stick- change hands each time you throw the ball while the ball is in the air- 50 right, then 50 left (no cradle)
- Both hand catch and cradle- 50 right, then 50 left (one quick cradle)
- One hand catch and cradle – 50 right, then 50 left (one quick cradle)
- Face dodge- catch-face dodge-throw- 50 right, then 50 left
- Split dodge- throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand- 50 right, then 50 left
- Cross handed- 50 right, then 50 left- “cross handed” means stick in right hand on the left side of body, or stick in left hand on right side of body (one quick cradle each time)
- Behind the back- 50 right, then 50 left
- 25 each hand bounce (stand further back from the wall, throw the ball to the wall, and let it bounce back to you)

push yourself through the whole "routine" if you drop the ball, start all over, and keep a good pace up.. don't practice lazy

try to crank it out in a 1/2 hour

shooting

- time/room 100-200 shots left/right
- run/gun 100-200 left right
- shooting out of dodges ex. rolls splits etc. 100-200 left/right

Haight's Challenge

For Haight's challenge * if you drop you must start over *

- #1 – 50 catches non-dominant no drops (start over if you drop)
- #2 – 50 sidearm throws right and catch with left hand on left side (Split dodge back to right, start over)
- #3 – 50 sidearm throws left and catch with right on right side (split dodge back to left, start over)

- #4 – 50 Back to the wall, ball in your right hand, flick it off wall and catch it over shoulder on other side in left hand.
- #5 – 50 Back to the wall, ball in your left hand, flick it off wall and catch it over shoulder on the other side in right hand.
- #6 – 50 Back to wall, turn face wall w/o moving your feet, throw off wall, turn completely around and catch it on opposite side, without switch hands.
- #7 – Do opposite hand of #6 (50X)
- #8 – One bounce at the wall, get ball over the head, catch it with one hand fully extended. (50 X)
- #9 – Same as #8 with opposite hand.
- #10 – Run along the wall with stick in dominant hand making all catches, must get a total of 50 so they need to be tight
- #11 – Same as 10 with dominant hand.