

# Wall Ball - There Is No Substitute

Wall drills for every player...

## Rules

- 1) All drills must be performed with both hands
- 2) Any wall will work, but a smooth concrete wall at least 10 feet tall is the best surface
- 3) Stand three-four yards from the wall, wherever you feel comfortable
- 4) Perform this routine 3-4 times a week for 15-20 minutes and your stick skills will improve a great deal in a short period of time

## Drills

- 1) **Quick Stick**
  - a. Right Hand 50 times
  - b. Left Hand 50 times
- 2) **One Handed catch and cradle**
  - a. Right Hand 50 times
  - b. Left Hand 50 times
- 3) **One Hand Quick Stick**
  - a. Right Hand 50 times
  - b. Left Hand 50 times
- 4) **Split Dodge**
  - a. Throw right catch right, then split dodge right to left 50 times
  - b. Throw left catch left, then split dodge left to right 50 times)
- 5) **Catch and Face Dodge**
  - a. Right Hand 50 times
  - b. Left Hand 50 times
- 6) **Quick stick Plus**
  - a. Change hands on every throw while the ball is in the air.

Repeat daily or as often as possible and you will see dramatic improvement on the field. You may add other variations such as catching across the face, BTB or around the world, passing and catching while running the wall, etc.