

12U Wall Ball Routine

300 reps x 4 days = 1200 reps/week

OFF HAND

1. One-Hand Throw/Catch x15
2. Catch 1-Cradle Throw x50
3. Canadian Catch x20
4. Quick Stick x40

BOTH HANDS

5. Switch Hands/Split x50

DOMINANT HAND

6. One-Hand Throw/Catch x15
7. Catch 1-Cradle Throw x50
8. Canadian Catch x20
9. Quick Stick x40

12U WALL BALL TEST

100 reps in 2.5 minutes

OFF HAND

1. One-Hand Throw/Catch x10
2. Catch1-CradleThrow x10
3. Canadian Catch x10
4. QuickStick x10

BOTH HANDS

5. Switch Hands/Split x20

DOMINANT HAND

6. One-Hand Throw/Catch x10
7. Catch1-CradleThrow x10
8. Canadian Catch x10
9. QuickStick x10

NEW SKILL: One-Hand Throw/Catch

<https://youtu.be/cIVs1-XUEEs>

NEW SKILL: Canadian Catch

<https://youtu.be/1ikWn-XIRzI?si=UUg5hsyKsGqYbCqO>