

10U Wall Ball Routine

200 reps x 3 days = 600 reps/week

OFF HAND

1. Catch 1-Cradle Throw x50
2. Quick Stick x25

BOTH HANDS

3. Switch Hands/Split x50

DOMINANT HAND

4. Catch 1-Cradle Throw x50
5. Quick Stick x25

10U WALL BALL TEST

80 reps in 2 minutes

OFF HAND

1. Catch1-CradleThrowx20
2. QuickStickx10

BOTH HANDS

3. Switch Hands/Split x20

DOMINANT HAND

4. Catch1-CradleThrowx20
5. QuickStickx10

NEW SKILL: Quick Stick

<https://youtu.be/tkZ29eQGf8A>

NEW SKILL: Switch Hands/Split

<https://youtu.be/4pNMAXuoG-M>