

Wallball routine

*To be performed at a minimum 1x per week on the bounce back (I would prefer bounce back to partner passing because it comes back faster and will build up your arm strength)

- ***Go through the below (i) 1 handed¹, (ii) 2 handed² and (iii) mini hands³***

- Righty - 10 each (when forearms get stronger, we will make it 20)
 - Between the eyes
 - Reverse grip (throw from opposite shoulder)
 - High low cradle (return to shoulder height to throw)
 - Face/shoulder cradle (shoulder to shoulder cradle, return to right shoulder for throw)
 - Double face/shoulder cradle
 - Side arm
 - Shooting space pump
 - Double shooting space pump
 - Low to high release
 - Behind the back
 - Around the world
- Lefty - same sequence as righty

- *Notes*

- *Note 1: Hand a little higher than middle of shaft, focusing on wrist flick for power and accuracy*
- *Note 2: Top hand middle of shaft, bottom hand covering butt end*
- *Note 3: Two hands on stick but chocked up (bottom hand middle of shaft, top hand few inches below top of shaft)*