



Lauren Lea Basic Wall Ball

[Video](#)

25 Reps for each technique

1. righty
 2. lefty
 3. righty off side stick catch
 4. lefty off side stick catch
 5. righty quick sticks off side and dominant side (i.e. right pass catch off stick side (OSS), pass OSS, catch right...)
 6. lefty quick sticks and off side catching
 7. righty one handed passing and catching with hand on the middle of the stick
 8. lefty one handed passing
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Taylor Cummings Workout

[Video](#)

Rep It Out

This workout is all about reps

- 25 Right
- 25 Left
- 25 Right
- 25 L
- 25 one handed R
- 25 one handed Left
- 25 one handed R
- 25 one handed Left
- 25 off stick side R
- 25 off stick pass (using fake to get there) R
- 25 off stick pass
- 25 Everything off stick R
- 25 Everything off stick Left w/baby cradle
- 25 Right quick stick
- 25 Left quick stick



6 by 6 Box Workout

Chalk Off a 6 inch box square and count each rep that hits in that box (hit the target!)

[Video](#)

25 R

25 L

25 Side Arm/From the Hip R

25 Side Arm/From the Hip L

25 Low/Underhand R

25 Low/Underhand L

25 1 handed R

25 1 handed L

25 Quick Stick R

25 Quick Stick L

25 Behind the Back & Around the World

Wall Ball With Dodging Footwork

When you are doing this workout it is critical to have active feet moving in and out from the wall. Pull out/off the wall to start your dodging footwork. When we dodge on the field big space is our friend in this wall ball routine we are doing deliberate practice on our footwork but in small space.

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/Pull stick to opposite shoulder and bring it back-throw- 50 right, then 50 left

Split Dodge- Focus on quick hands! Throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand- 50 right, then 50 left

Fake High Shoot Low - Fake high, hit the ball low on the wall (mimicking a low shot) catch the ball where ever it comes off the call



Dip and Dunk - Catch in the box

Canadian Wall Ball Advanced (All Dominate Hand) BALL CONTROL
SARAH RECREATE THIS WORKOUT - <https://binged.it/2MUlGLr>

Pass and catch in Box/From Protection = the ball is passed from and caught "in the box" above your shoulder, by your ear.

Have a target and hit it consistently - pick a brick

Feet balanced but offset (righties left foot forward, lefties right foot forward)

20-50 Reps - **Dominant Side Reps** feet offset focus on a getting the ball in and out of your stick as quickly as possible and power off the wall, catch cradle and quick release

20-50 Reps - **Pass Strong Side Catch Opposite Shoulder** (across your body)

20-50 Reps - **Pass Strong Side Catch One Handed** on the opposite side of your body (bottom hand catch, mimic snagging a ball)

20-50 Reps - **Behind the Back** fluid catch BTB, eyes forward

20-50 Reps - **Quick Sticks** soft hands and quick release

20-50 Reps - **Quick Sticks 1 dominate side, 1 off stick side**, back and forth

20-50 Reps - **Catch-Fake-Release** (loose wrists, loose grip, baby cradle hitch fake)

20-50 Reps - **Side Arm** - Hit the target/same brick