

RESOLUTE WALL BALL ROUTINE

10 (20 Total) R / L

10 (20 Total) Quick Stick R / L

10 (20 Total) Catch, Change Hands & Throw R / L

10 (20 Total) Throw, Switch Hands & Catch R / L

10 (20 Total) One Handed Throws R / L

10 (20 Total) Cross Handed Throws R / L

10 (20 Total) Shovel Passes R / L

5 (10 Total) Behind the Back Passes R / L

Time yourself every time you attempt the wall ball routine. Your goal is to continue to improve your speed each time.

Also keep track of dropped balls and work to lower that number each time you hit the wall.