

## HS Wall Ball Routine

470 reps x 6 days = 2820 reps/week

### OFF HAND

- 1 One-Hand Throw/Catch x20
- 2 Catch 1-Cradle Throw x50
- 3 Canadian Throw x20
- 4 Canadian Catch x20
- 5 Quick Stick x50
- 6 Shovel Pass x20
- 7 Behind the Back (BTB) x20

### BOTH HANDS

- 8 Switch Hands/Split x50

### DOMINANT HAND

- 9 One-Hand Throw/Catch x20
- 10 Catch 1-Cradle Throw x50
- 11 Canadian Cross-Face x20
- 12 Quick Stick x50
- 13 Shovel Pass x20
- 14 Behind the Back (BTB) x20

### BOTH HANDS

- 15 Changing Hand Quick Stick x40

NEW SKILL: Shovel Pass

<https://youtu.be/FvNagkGozWQ>

## HS WALL BALL TEST

150 reps in 3.5 minutes

### OFF HAND

1. One-Hand Throw/Catch x10
2. Catch1-CradleThrow x10
3. Canadian Throw x10
4. Canadian Catch x10
4. QuickStick x10
5. Shovel Pass x10
6. Behind the Back (BTB) x10

### BOTH HANDS

7. Switch Hands/Split x10

### DOMINANT HAND

8. One-Hand Throw/Catch x10
9. Catch1-CradleThrow x10
10. Canadian Cross Face x10
11. Quick Stick x10
12. Shovel Pass x10
13. Behind the Back (BTB) x10

### BOTH HANDS

14. Changing Hand Quick Stick x10