



Wall Ball - Hornet 300

This is a great routine for experienced players to get 300 Wall Ball reps in!

<u>REPS</u>	<u>EXERCISE</u>	<u>HAND</u>	<u>EXPLANATION</u>
50	STRONG HAND		Dominant hand
50	WEAK HAND		Non-dominant hand
25	1 HAND	R MID-GRIP	Half way down shaft
25	1 HAND	L MID-GRIP	Half way down shaft
50	R to L SPLIT, CHANGE HANDS		Throw Right/Catch Left Change foot position to catch
50	L to R SPLIT, CHANGE HANDS		Throw Left/Catch Right Change foot position to catch
25	1 HAND	R BACK-GRIP	Top hand across chest
25	1 HAND	L BACK-GRIP	Top hand across chest

POINTS OF EMPHASIS

- Face the wall sideways with your shoulder pointed to wall, and with your feet shoulder-width apart
- Stand approximately 3-5 YARDS from the wall
- Catch ball in ready-to-pass position
- Strive for hitting the same spot on wall every rep
- Time yourself and count the number of balls dropped to set goals and objectives!
- Plan for 20 minutes, 2-3 times per week