

Wall Ball Routine

10x – Regular Throws R

10x – Regular Throws L

10x – Quick Sticks R

10x – Quick Sticks L

20x – Throw Right/Catch Right switch Throw Left/Catch Left

20x – Throw Right/Catch Left, Throw Left/Catch Right

10x – Crosshanded R

10x – Crosshanded L

5x – One Handed R

5x – One Handed L

5x – Behind the Back R

5x – Behind the Back L

2 mins 30 secs – Average time for a NCAA Division 1 Short Stick

2 mins 55 secs – Average time for a NCAA Division 1 Long Pole