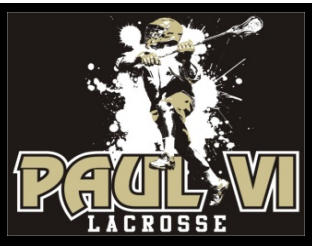

Offseason Workout Matrix

Complete the wall ball workout as fast as you can, and then repeat it faster. You should get at least 1000 touches and 250 shots every day, and this workout should take you only 30-45 minutes.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
WALLBALL																																
One cradle and pass—Right Hand	x50																															
One cradle and pass—Left Hand	x50																															
Quick stick—Right Hand	x50																															
Quick stick—Left Hand	x50																															
Catch Left, Throw Right	x50																															
Catch Right, Throw Left	x50																															
Throw Right, Catch across your body	x50																															
Throw Left, Catch across your body	x50																															
Throw a bad ball—Right Hand	x50																															
Throw a bad ball—Left Hand	x50																															
Repeat x2	**500**																															
SHOOTING																																
Time and room, top left—Right Hand	x25																															
Time and room, top left—Left Hand	x25																															
Time and room, top right—Right Hand	x25																															
Time and room, top right—Left Hand	x25																															
Up Top, dodge and shoot on the run—Right Hand	x25																															
Up Top, dodge and shoot on the run—Left Hand	x25																															
Right Wing, get to the middle—Right Hand	x25																															
Left Wing, get to the middle—Left Hand	x25																															
From X, come around, fake and shoot—Right Hand	x25																															
From X, Come around, fake and shoot—Left Hand	x25																															
	250																															