



**WALL-BALL
"300"
CHALLENGE**

<i>REPS</i>	<i>EXERCISE</i>	<i>HAND</i>	<i>EXPLANATION</i>
25	STRONG HAND		Dominant hand
25	WEAK HAND ONE		Non-dominant hand
25	HAND	R MID-GRIP	Half way down shaft
25	ONE HAND	L MID-GRIP	Half way down shaft
25	SWITCH HANDS	R → L-L → R	Change foot position
25	BACK-HAND GRIP	R	Top hand across chest
25	BACK-HAND GRIP	L	Top hand across chest
25	SWITCH HANDS IN AIR	R	Throw L → catch R
25	SWITCH HANDS IN AIR	L	Throw R → catch L Behind
25	BTB STRONG		the back
25	BTB WEAK		Behind the back
25	WEAK HAND		Non-dominant hand
<u>Defensive Wall Ball Routine</u>			
25	STRONG HAND		Dominant Hand
25	WEAK HAND		Non-Dominant Hand
25	SWITCH HANDS	R → L	Change foot position
25	SWITCH HANDS	L → R	Change foot position
25	BACK - HAND GRIP	R	Top hand across chest
25	BACK - HAND GRIP	L	Top hand across chest
25	SWITCH HANDS IN AIR	R	Throw R, Catch L
25	SWITCH HANDS IN AIR	L	Throw L, Catch R
50	BTB STRONG HAND	R or L	Behind the Back Good
25	WEAK HAND STRONG	R or L	Hand Non-Dominant Hand
25	HAND	R or L	Dominant Hand

POINTS OF EMPHASIS

1. Face wall sideways with shoulder turned and opposite foot forward
2. Catch ball off back shoulder, do not reach for ball when receiving
3. Keep elbow off body and actively turn your shoulders and torso as you throw
4. Top hand over bottom Hand when passing → No side arm
5. Be consistent-put ball in same spot on wall every rep
6. If done efficiently, this should take between 5-6 minutes

SPACING & DISTANCE

1. Feet are shoulder width apart-opposite foot forward
2. Approximately 5-6 feet from wall
3. Should move feet and be on toes on exercises