



WALL BALL PROGRAM

WEEK 1

DAY 1

Deep practice is not simply about struggling; it's about seeking a particular struggle -Daniel Coyle

Throwing Technique Focus

OVER HAND "SNAPPERS"

Snappers are an overhand release in which we point the butt end of our stick directly forward at our target, then SNAP the stick STRAIGHT forward, finishing with the head of our stick pointed directly towards the target. If snappers are performed correctly there should be ZERO left and right movement of the stick.

Catching Technique Focus

PLAY THE BALL

When playing wall ball, you catch passes from yourself. So the first catching focus should be on accuracy. The goal is to find a velocity to throw and spot to aim that warrants the ball coming right back to our stick. With that said, uour going to miss that target sometimes, so "play the ball" by prioritizing catching that ball at all costs. Stop to it, chock up your top hand as needed, find a way! *For one hand only techniques, TRY to catch 1 handed, and after drops, practice scooping 1 handed.

PRO TIP: Practicing scooping weak handed will help improve catching weak handed

Rep Count (count hits on the wall)

2 HANDED OVERHAND SNAPPERS	Strong Hand	x 50 hits
	Weak Hand	x 50 hits
1 HANDED, TOP HAND ONLY OVERHAND SNAPPERS	Strong Hand	x 50 hits
	Weak Hand	x 50 hits
THROW -> CATCH -> SWITCH HANDS (2 HANDED ON BOTH SIDES) ADDITIONAL FOCUS: The exchange from side to side after the catch. Focus on efficiency and flow.	Strong & Weak Hand (alternating)	x 100 hits

New Throw Technique: Backhanders

Back handers are when we bring our stick over to our "non stick side" without actually changing hands. We can face cradle our stick to get over there. Once on our "non stick side", our goal is to practice throwing from this position. Get your stick parallel to the ground and throw by coming straight across. Avoid extra cradles! The face cradle to get our stick into throwing position is the only cradle needed.

2 HANDED BACKHANDERS	Strong Hand	x 50 hits
ALTERNATE BETWEEN OVERHAND SNAPPERS & BACKHANDERS (2 HANDED)	Strong Hand	x 100 hits
TIME IT TOOK TO THIS POINT:	mins	mins
DATE OF SESSION:		

Freestyle

Let it FLOW! Play the ball. Try not to do the same release twice in a row. Constantly switch it up, keep your feet light and moving. Mix in fakes & creative releases. Our goal is to enter a flow state here.

x 5 to infinity MINS