

WALL BALL "300"

REPS	EXERCISE	HAND	EXPLANATION
25	REGULAR THROW	DOMINANT HAND	THROW HARD AND FLAT, USE FOCUS POINTS
25	REGULAR THROW	NON-DOMINANT HAND	THROW HARD AND FLAT TRY RECEIVE THE BALL ON THE SHOULDER
25	ONE-HANDED THROW	DOMINANT HAND	HAND HALF WAY DOWN SHAFT
25	ONE-HANDED THROW	NON-DOMINANT HAND	HAND HALF WAY DOWN SHAFT
25	HAND SWAP	DOMINANT – NON-DOMINANT; NON-DOMINANT – DOMINANT	CATCH DOMINANT, THROW NON-DOMINANT, CATCH NON-DOMINANT, THROW DOMINANT CHANGE FOOT POSITIONING AS HAND CHANGES
25	BACK-HAND (CANADIAN) THROW	DOMINANT HAND	TOP HAND ACROSS CHEST
25	BACK-HAND (CANADIAN) THROW	NON-DOMINANT HAND	TOP HAND ACROSS CHEST
25	HAND SWAP (IN AIR)	DOMINANT HAND	CATCH DOMINANT, CHANGE HANDS, THROW NON-DOMINANT CHANGE FOOT POSITIONING AS HAND CHANGES
25	HAND SWAP (IN AIR)	NON-DOMINANT HAND	CATCH NON-DOMINANT, CHANGE HANDS, THROW DOMINANT
25	BEHIND THE BACK	DOMINANT HAND	TOP ARM STARTS STRAIGHT, BEND IT AS YOU SNAP THE TOP WRIST BEHIND HEAD
25	BEHIND THE BACK	NON-DOMINANT HAND	TOP ARM STARTS STRAIGHT, BEND IT AS YOU SNAP THE TOP WRIST BEHIND HEAD
25	REGULAR THROW	NON-DOMINANT HAND	THROW HARD AND FLAT, USE FOCUS POINTS

FOCUS POINTS

1. Face the wall with your shoulder turned and opposite foot forward
2. Catch the ball off your back shoulder, do not reach for the ball when receiving
3. Keep your elbow off your body and actively turn your shoulder and torso as you throw
4. Top hand over bottom hand, no side arm
5. Be consistent, make it a matter of pride, put the ball in the same spot every time
6. If done efficiently, this should take 5 – 6 minutes

SPACING & DISTANCE

1. Feet are shoulder width apart, opposite foot forward
2. Approximately 3 – 4m away from the wall
3. You should move your feet and be on the balls of your feet during wall ball