



WALL BALL DRILLS

A COMPLETE WALL BALL GUIDE TO IMPROVE YOUR FUNDAMENTALS

1. Throw, Catch, and Cradle.

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Start with your stick handle by your ear.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, and do a quick cradle.
- Switch to your other hand, and repeat.

2. Quick Stick Drill

- Move up to five feet (2 meters) from the wall
- Choke up on your stick handle a little if you need to.
- Start with your feet parallel to the wall.
- Focus on the throw and catch.
- Start with your stick handle by your ear.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, no cradle.
- Switch to your other hand, and repeat.

3. Cross Face Catch

- Move back 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Start with your stick handle by your ear.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Reach across and catch the ball on the opposite side of your head.
- Bring the ball back across your face up by your ear, and do a quick cradle.

4. Switch Hands

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, and do a quick cradle.
- Bring the ball across your face switching hands.





- Then reach back and fire from the other side.

5. Roll Dodge

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, and do a quick cradle.
- Slide your bottom hand up the shaft
- Release the stick with upper hand
- Roll your body away from the wall
- As you roll (spin) lead with the elbow that is not holding the stick
- The off hand will hold the stick near the head and one hand cradle protecting the ball
- When you have spun 180 degrees set your feet
- Re-grip the shaft with both hands
- Now you will be throwing from the other side other hand
- Then reach back and fire from the other side.

6. Split Dodge

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet facing the wall
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear (ready position).
- Do a Split Dodge
- Switch hands while you are dodging so that when you land you are now ready to throw from the other side.
- Then reach back and fire from the other side.
- Catch with same side you throw from

7. Add Other Dodges and Freestyle Tricks

- Be creative and add moves and dodges that you are working on.
- Behind the back shots and catches should be a regular part of wall ball
- One handed throws and catches are perfect for wall ball
- Around the world
- Over the shoulder
- Between the legs shots
- Create your own tricks.
- Have fun!

