
WALL BALL ROUTINE

40 dominant hand - consistent
40 non-dominant hand - consistent
40 catch right switch to left and throw
40 catch left switch to right and throw
40 right hand only catch and receive (lob pass)
40 left hand only catch and receive (lob pass)
40 opposite side of the stick right hand
40 opposite side of stick left
40 quick stick dominant
40 quick stick non-dominant
40 side arm right
40 side arm left
20 risers right
20 risers left
30 right with fake
30 left with fake
20 stick in front of face right
20 stick in front of face left
15 behind the back right
15 behind the back left