

# Wall-Ball "300"

## Offensive Wall-Ball Routine

| <b>REPS</b> | <b>EXERCISE</b>     | <b>HAND</b>   | <b>EXPLANATION</b>    |
|-------------|---------------------|---------------|-----------------------|
| 25          | STRONG HAND         | R or L        | Dominant hand         |
| 25          | WEAK HAND           | R or L        | Non-Dominant hand     |
| 25          | ONE HANDED          | R Mid-Grip    | Half way down shaft   |
| 25          | ONE HANDED          | 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 R → Catch L     |
| 25          | SWITCH HANDS IN AIR | L             | Throw L → Catch R     |
| 25          | BTB STRONG          | R or L        | Behind the back       |
| 25          | BTB WEAK            | R or L        | Behind the back       |
| 25          | WEAK HAND           | R or L        | Non-Dominant hand     |

## Defensive Wall-Ball Routine

| <b>REPS</b> | <b>EXERCISE</b>     | <b>HAND</b> | <b>EXPLANATION</b>    |
|-------------|---------------------|-------------|-----------------------|
| 25          | STRONG HAND         | R or L      | Dominant hand         |
| 25          | WEAK HAND           | R or L      | 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     |
| <b>50</b>   | BTB STRONG          | R or L      | Behind the back       |
| 25          | WEAK HAND           | R or L      | Non-dominant hand     |
| 25          | STRONG 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