

Committing yourself to 20 minutes a day (yes only 20 minutes) will DRAMATICALLY improve your stick handling, hand eye coordination, passing, catching, shooting, fakes, and trickery. The beauty of “wall ball” is that you do not have to rely on anyone else to get better - just you, your mp3 player and the wall. There are five phases of “wall ball” below that can benefit everyone regardless of position. Find a wall in your area (it could be the side of a school, gym, handball court, etc.) that is ideally 15 yards long and ten feet high.

Some of these throws are not able to be done “well” initially for some younger or new players and it is not expected that you will be “good” at these until you practice them a few times. So grab your mp3 player and hit the wall!

***** REMEMBER*****

5 minutes on a wall or throwback is better than not doing anything just because you don't have a full 20 minutes.

Phase 1 - Quick Stick/Rapid Fire

Line up around 3-5 yards from the wall. Perform all of these reps with & without cradling.

50x left

50x right

50x throw left, catch right

50x throw right, catch left

50x cross throw left

50x cross throw right

50x throw left, catch cross right

50x throw right, catch cross left

This stage is great because it allows you to work on quick sticks, hand eye coordination, and one timing. You will become better about getting rid of the ball in a timely fashion without even noticing it by practicing this stage.

Phase 2 - 12 Yard Passing:

Line up 12 yards from the wall. Throws will come back to you on one bounce.

50x left

50x right

50x cross throw left

50x cross throw right

Once you get better with your stick, move to 7 yards and retrieve the ball without the bounce back. Also add the following reps:

50x throw left, catch right

50x throw right, catch left

50x throw left, catch cross right

50x throw right, catch cross left

Phase 3 - Throwing & Catching On The Run:

This may be the most helpful stage. Line up 5-7 yards from the wall on the far left side of the wall. Begin this stage with the stick in the right hand and running alongside the wall (towards the other end), throw and catch the ball on the run. The important part is to throw the ball on the run. Alternate lefty and righty, running from end to end. Keep repeating these steps. This stage should be done for about 5-7 minutes.

5 runs left

5 runs right

5 runs throw left, catch right

5 runs throw right, catch left

5 runs cross throw left

5 runs cross throw right

Phase 4 - Shooting:

Line-up around 12-15 yards from the wall. Get in proper shooting formation (hands loose, three quarter/overhand motion, snapping of the hips, and following through) mark a few places on the wall with tape to aim at. Shoot at about 80% velocity, having the ball come back to you. Depending on where you aim, the ball may take bounces that aren't the same, so you have to work a little bit.

50x left

50x right

50x cross throw left

50x cross throw right

50x throw left behind the back

50x throw right behind the back

Phase 5 - Trickery:

This stage is fun. This is a great time to practice behind the backs (make sure you are not following through too much. Step in the direction you are aiming, and the behind the back motion is only about a foot, with the head of your stick ending up hitting the top part of your arm near your shoulder). Around the world, through the legs, and any other creative stuff can be incorporated at this time. Leave around 5 minutes for this stage. If you are seriously working the other 4 stages, and you can pull off some "non-traditional" throws in this stage, it is an indication that you have a strong comfort level with your stick and great hand eye coordination. It is also a stage that can help you in terms pulling something off in a game that is nice to watch and necessary. There are times in a game when a behind the back is the only option.

These drills should vary over time. As you get better or older or both, incorporate other variations like underhanded throws or behind the back throws in each of the first 4 phases.