



Stickwork

Wall Ball Stick Work #1 (Two Hands, Regular hand stance)

- 2 hands: catch, one cradle, 20 times / right and left (toes facing the wall)
- 2 hands: catch, one cradle, 20 times / right and left (feet sideways to the wall)
- 2 hands: catch, NO cradle, 20 times / right and left (toes facing the wall)
- 2 hands: catch, NO cradle (Drag & Snap), 20 times / right and left (feet sideways to the wall)
- 2 hands: quick stick, 20 times / right and left (toes facing the wall)
- 2 hands: quick stick, 20 times / right and left (feet sideways to the wall)
- 2 hands: Catch, face dodge, 20 times / right and left (toes facing the wall)
- 2 hands: Catch, throw, switch hands (balls not in your stick), 20 times total
- 2 hands: Split dodge - throw right, catch right, split dodge throw left, catch left, 20 times each hand (toes facing the wall)

Finisher- USE THE BACK OF YOUR STICK! 2 hands, quick stick, 25 times / right & left (toes facing the wall)

Wall Ball Stick Work #2 (Mini Hands- Top hand all the way at the top, bottom hand where your top hand would normally be)

- Mini Hands: 2 hands, catch NO cradle, 20 times / right and left (toes facing the wall, ball between shoulders)
- Mini Hands: 2 hands, Catch, face dodge, 20 times / right and left (toes facing the wall)
- Mini Hands: 2 hands ALL Right Hand – throw on right side and catch on opposite side, bring ball back over to right side. - 20 times / then work left hand (toes facing the wall)
- Mini Hands: 2 hands ALL Right Hand – throw on right side and catch on opposite side, throw on opposite side back to right side. - 20 times / then work left hand (toes facing the wall)
- Mini Hands: 2 hands ALL Right Hand – throw off left shoulder side and catch on left shoulder. - 20 times / then work left hand (toes facing the wall)
- Mini Hands: 2 hands, Split dodge - throw right, catch right, split dodge throw left, catch left - 20 times /then work left hand (toes facing the wall)
- Mini Hands: 2 hands, Split dodge - throw right, catch right, split dodge throw left, catch left, 20 times each hand (feet sideways to the wall, switching your stance)
- Mini Hands: 2 hands, Quick stick - change hands on every toss while balls in the air- 20 times / then work left hand (toes facing the wall)