

Wall Ball Workout

You get what you put into a wall ball workout. It will not help you get better if you randomly throw against the wall. You have to hit the wall and expect to break a sweat. The less cradling you do the better. Everything should be at most 1 cradle. This is just a guideline. Be creative. You should expand this workout and focus on what you think you need to work on. Do this workout for AT LEAST 20 Minutes several times a week. Work hard and you will get something out of your wall ball workout. A standard wall ball workout would look something like this:

50 right

50 left

50 right quick stick

50 left quick stick

2x50 switching hands each throw

2x50 throw right, catch right, roll away from the wall while switching to left hand, throw left, catch left, roll away from the wall while switching to right hand... and continue...

50 just right hand on stick (defenseman & goalie can use a short stick for this)

50 just left hand on the stick (defenseman & goalies can use a short stick for this)

50 catch right roll throw left, catch left roll and throw right.

Repeat

Defensemen can do this and alternate using a short stick and a long stick. Defensemen that have never used a short stick sometimes lack good “in close” stick skills and do too much “power cradling.” The reason I like defensemen and goalies to occasionally alternate against the wall with a short stick is because I have found that it helps you transfer the “in tight” stick skills that come easier with a short stick. Some of the best defenseman of all-time are converted attackmen and midfielders that were able to utilize their athleticism AND STICK SKILLS with the long pole.

Below is a description of a few exercises that you can do against the wall.

Regular passing and catching; Starting with your right hand you are going to throw the ball against the wall, like you normally would. Two hands on the stick with your left foot forward. After you throw the ball, catch it, half cradle the ball and throw again. There is no need to cradle the ball fifty times before you throw it! When you are throwing the ball with your left hand make sure you have your right foot forward.

Passing and catching with your lead hip forward; This time you are going to turn your lead hip to the target. So if you are throwing with your right hand, your left hip is facing the target. If you are throwing with your left hand, your right hip is facing the target. Throw against the wall, half cradle and release. Instead of placing your opposite foot forward of the hand you are throwing with, you are simply turning your hip to the wall so you are throwing across your body.

Quick stick drill; This time you are stepping up close to the wall or and you are simply going to quick stick the ball back and forth. To make it more challenging you can move away from the wall and back towards the wall while you are doing this.

One hand throw; This time you are going to be throwing the ball with one hand on your stick. Get close to the wall and put one hand near the middle of the stick. As you get better at this, move your hand lower on the stick and it will be much harder for you to throw. The important thing here is to push yourself. Do this until your fore-arms burn, and then keep going. This drill is especially effective in helping you breakdown the awkwardness in your off-hand.

Top hand release throw; Now in order to do this, back up from the wall because you will have to catch the ball on one bounce. In this exercise you will have to begin with the same basic throwing motion, but instead of keeping two hands on the stick you are going to release your top hand as the ball is about to come out of the top of your stick. This is the important part, you want your bottom hand to whip across your body so that the stick is an extension of the follow through. When the ball hits the wall, on the bounce back you want to make sure you get the stick back into your top hand. This exercise is meant to teach you proper follow through, and also getting you to really pull your bottom hand down across your body as you throw. It will help with your passing and your shooting.

Catch Left throw right, catch right throw left; You are going to do the basic passing exercise again, but instead of just throwing right or left the whole time, you will be switching hands after you catch the ball. So, you will throw the ball with your left hand, catch the ball in your left hand, and then switch to your right. Make sure you are not swinging your stick to switch from hip to hip. You want to be switching from shoulder to shoulder, or from ear to ear. Good practice for your split dodge.

All of these exercises can be changed and intermixed to increase the difficulty and overall effectiveness of the workout. These are guidelines. Do not be afraid to get creative, make it harder make it interesting, mix it up.