



PALMYRA wall ball workout

Things to remember –

- -Hands hip width apart
- -practice being choked- up
- -Stick should be head to head
- -Do not snatch or reverse cradle when catching
- -Stick should be in fingertips pointed up the shaft (not in your palm)
- -Golf Grip (light grip on stick don't squeeze stick)
- -Crescent cradles (small wrist cradles no hiccups)

We need to have great sticks with both hands equally strong. Do that and we will take great strides towards achieving our goals.

WARM UP:

1 hand: catch and 1 cradle

2 hands: catch and 1 cradle

2 hands: quick stick

2 hands: split drill -catch righty, switch and throw lefty/ catch lefty switch and throw righty

2 hands: catch, fake, and throw

WORKOUT

50 repetitions with right hand

50 repetitions -2 hand quicksticks right hand

50 repetition with left hand

50 repetitions -2 hand quicksticks left hand

25 repetitions -Throw left catch right

25 repetitions -Throw right catch left

50 repetitions -Behind the back right handed

2 hands: cross handed (Canadian)

50 repetitions -Behind the back left handed

2 hands: behind the back

2 hands: running along the wall throwing and catching. Throwing across your body

50 repetitions -Left hand sidearm

50 repetitions -One hand right handed

50 repetitions -Right hand side sidearm

50 repetitions -One hand left handed