

February Wall Ball Challenge

NC is doing a February challenge for all players signed off by parents to do Wall Ball 2 to 4 times a week and one Wall Ball Youtube video

WALL-BALL ROUTINE:

- 25 Right w/ cradle
- 25 Right No cradle
- 25 Left w/ cradle
- 25 Left No cradle
- 25 catch Right/throw Left

* Weak means across your body. i.e. Right hand up but on the left side.

Not turned in, 25 catch Left/throw right
1st 2 week of practice

First half hour of practice is only catching and throwing with asst Coach

• 25 catch weak*/throw strong - Right

• 25 catch weak*/throw strong- Left

• 25 catch strong/throw weak- Right

• 25 catch strong/throw weak- Left

Week of	Youtube	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 29th 2023								
Feb 5th 2023								
Feb 12th 2023								
Feb 19th 2023								

[Videos found at - Beginner Wallball- Youtube](#)