

## **Stick Skills at Wall Ball Routine**

Stick progression all done on RIGHT AND LEFT!!!

- One handed quick stick 60 in 60 seconds
- Two-handed quick-goal is 60 in 60 sec
- One-handed at the bottom of your stick 10 reps
- Two Handed, quick cradle 50 in 60 seconds
- Throw, catch switch 30 reps
- Catch regular/throw Canadian (left) 30 in 60 seconds
- Catch Canadian/throw regular 30 in 60 seconds
- Throw with cradle fake 30 reps
- Sidearm throw and catch with control cradle 30 reps
- Run the wall hips forward, side on throwing, run 70% speed for 5 throws  
down and back, repeat 5 times
- Side shuffle face the wall and side shuffle for 10 topside right throws and then  
back for 10 topside left throws
- Behind the backflip passing Right
- Behind the backflip passing Left
- Behind the back right
- Behind the back left
- Around the world right
- Around the world left