

Wall Ball

20x25

10,000

50 Strong Hand

50 Weak Hand

25 Quick Stick Strong Hand

25 Quick Stick Weak Hand

<https://www.youtube.com/watch?v=wIDXVztEgd8>

25 One Hand Strong Hand

25 One Hand Weak Hand

https://www.youtube.com/watch?v=M_CYstVh3sA

50 Throw and Catch Changing Hands

<https://www.youtube.com/watch?v=4-rGvplkrDU>

25 Strong Hand with a Fake

25 Weak Hand with a Fake

<https://www.youtube.com/watch?v=EzLUxFdhs8s>

25 Canadian Strong Hand

25 Canadian Weak Hand

<https://www.youtube.com/watch?v=USACdzAQg4s>

25 BTB Behind the Back Strong Hand

25 BTB Behind the Back weak Hand

https://www.youtube.com/watch?v=aa2_mblrFgE