

WALL BALL CHALLENGE

- COMPLETE 1 SET OF THE APPROPRIATE WALL BALL SESSION
- RECORD YOUR TIME
- IF YOU FIND BEGINNERS EASY, TRY INTERMEDIATE
- ADVANCED PLAYERS, SWAP IN SOME ADVANCED PROGRESSIONS

<u>BEGINNERS</u>	<u>INTERMEDIATE</u>
25 x RIGHT HAND	30 x RIGHT HAND
25 x LEFT HAND	30 X LEFT HAND
25 x REVERSE THROW	30 x REVERSE / NON-STICK CATCH
25 x ONE HANDED RIGHT (under arm if needed)	30 x REVERSE / NON-STICK THROW
25 x ONE HANDED LEFT (under arm if needed)	30 x QUICK STICKS

OPTIONAL ADVANCED PROGRESSIONS:

1 HANDED OVERARM BOTH HANDS
SIDE ARMS BOTH HANDS
SWITCHING HANDS WHILST BALL IS IN THE AIR