

Coach Sforzo's Wall Ball Training

The following stick drills should be used DAILY in the off-season and several times a week in-season. Trust me, even 15-20 minutes 4-5 times per week will make you a better and more confident player. Print this sheet out and tape it next to your rebounder or wall until you memorize the routine. Be committed and you will see results!

Rules:

1. Gloves are mandatory.
2. Any wall is fine, but a smooth surface at least 8-10 feet tall is optimum (concrete, brick, rebounder).
3. Drills should take between 20-30 minutes, max.
4. Stand approximately 12-15 feet from the wall.
5. Be committed to not allowing the ball hit the ground; play little games and be competitive. No matter how bad the rebound is, get used to catching bad "passes".
6. Be sure to have *proper form* when you throw – especially with your off hand – it makes NO SENSE to throw the ball 1,000 times a week INCORRECTLY – it will make you worse.
7. Always try to pass and catch from/to the area above your shoulder.
8. Vary the drills from week to week; move on from a drill once it is mastered.
9. **Perfect Practice** makes Perfect. Practice makes *Permanent*.

1. Drills:

1. Strong hand throw/catch 25x, weak hand 25x; $\frac{1}{4}$ cradle once before you throw
2. Strong hand and weak hand quick stick; 25x each hand; stand a little closer to the wall
3. Strong hand then weak hand 1 hand catch and cradle, 25x each hand.
4. Strong hand throw and catch, switch hands in split dodge manner, cradle, then throw and catch with off hand; repeat 30-40 times
5. Cross-handed 25x each hand; throw right rotate hands and vise versa
6. Backhand catching – 25x each hand; throw right, return ball to left side, then rotate stick around to catch ball on left side but still being right handed, then pull back stick into normal position and quickly repeat; then do same lefty
7. Over the shoulder catching (OTC) – throw righty to left side of body, rotate stick and body, keep stick right handed, catch OTC and jog in circle to a proper righty throwing position; repeat 25x, then same lefty
8. Shoot into a quick stick: take a nice hard "shot" at wall, move to wall after shot, collect ball and quick stick and catch. 25x righty, 25x lefty
9. 2-person drill: 2 people can stand at varying distances apart and throw to wall and must catch the other's "pass". This can be done side by side or with one on front of the other, so the person in front has to react quickly to the ball off the wall at a close distance
10. Behind the back – 25x each hand.