

8U Wall Ball Routine

100 reps x 3 days = 300 reps/week

OFF HAND

1. Catch 1-Cradle Throw x50

DOMINANT HAND

2. Catch 1-Cradle Throw x50

8u WALL BALL TEST

40 reps in 1 minute

OFF HAND

1. Catch1-CradleThrow x20

DOMINANT HAND

2. Catch1-CradleThrow x20

NEW SKILL: Catch 1-Cradle Throw

<https://youtu.be/GrWKZ0idTs0>