

# LANCO ELITE WALL BALL WORKOUTS

<p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>• 50 R/L QUICK STICK</li> <li>• 50 R/L ONE CRADLE &amp; OUT</li> <li>• 50 R/L ONE HAND QUICK STICK</li> <li>• 50 R/L SPLIT &amp; THROW (CATCH AND SWITCH HANDS)</li> <li>• 50 R/L QUICK STICK BOTH HANDS AND SWITCH HANDS WHILE THE BALL IS IN THE AIR</li> <li>• 50 R/L CATCH AND PUMP FAKE, THROW REGULAR</li> <li>• 50 R/L WEAK SIDE, CATCH REGULAR (weaksides means stick in right hand but throwing from left shoulder/ stick in left hand throwing from right shoulder)</li> <li>• 50 R/L THROW REGULAR, CATCH WEAKSIDE</li> <li>• 50 R/L POP UPS (hit wall low so it pops up high for draw control level catches)</li> <li>• 50 R/L BOUNCE PASSES (hit the wall hard to give yourself a challenge bounce pass)</li> <li>• 50 R/L BEHIND THE BACK</li> </ul>	<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>• 50 Right-handed passes (these should be quick with only a single cradle in between each pass)</li> <li>• 50 Left-handed passes (these should be quick with only a single cradle in between each pass)</li> <li>• 50 right-handed/50 left handed quick sticks.</li> <li>• 50 alternating quick sticks (switch hands while the ball is in the air)</li> <li>• 50 catch and switch hands (try to simulate a split dodge)</li> <li>• 50 ground balls (throw the ball hard and low on the wall to simulate ground balls)</li> <li>• 25 Overheads (throw the ball high and off center, forcing you to catch one handed, simulating a draw, if you have to jump get up and try to control the ball one handed)</li> <li>• 25 right-handed throws to weakside catch</li> <li>• 25 left and throws to weakside catch</li> </ul>
<p><b>WEDNESDAY</b></p> <ul style="list-style-type: none"> <li>• 50 little stick right</li> <li>• 50 little stick left</li> <li>• 50 one handed right</li> <li>• 50 one handed left</li> <li>• 50 right throw right catch</li> <li>• 50 left throw left catch</li> <li>• 50 throw right catch left</li> <li>• 50 throw left catch right</li> <li>• 50 right hand pull across body throw and catch</li> <li>• 50 left hand pull across body throw and catch</li> <li>• 50 right hand quick stick</li> <li>• 50 left hand quick stick</li> </ul>	<p><b>THURSDAY</b></p> <p><b>** Focus on a spot on the wall and try to hit that same spot with all your throws AND ALSO try to time yourself and beat your time each week to help improve on speed**</b></p> <ul style="list-style-type: none"> <li>• 25 little stick right</li> <li>• 25 little stick left</li> <li>• 25 one handed right</li> <li>• 25 one handed left</li> <li>• 25 right throw right catch</li> <li>• 25 left throw left catch</li> <li>• 25 throw right catch left</li> <li>• 25 throw left catch right</li> <li>• 25 right hand pull across body throw and catch</li> <li>• 25 left hand pull across body throw and catch</li> <li>• 25 right hand quick stick</li> <li>• 25 left hand quick stick</li> </ul>
<p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>• Lax Shuffle: Face the wall and side shuffle to your right. Catch and throw right-handed as your shuffle sideways along the wall. Practice leading yourself with your passes. 25X</li> <li>• Running Man: Run along the wall with the wall on your left side. Catch and throw right-handed, with your stick out in front of you as you run down the wall. Practice leading yourself with your passes. 25X</li> <li>• Backwards Running Man: Run backwards along the wall, with the wall on your left side. Catch and throw right-handed with your stick out in front of you as you back pedal down the wall 25X</li> <li>• Behind the Back: with the ball in your right hand, turn from the hips. Throw the ball with the stick up and behind you. Snap the wrists to release the ball. Complete this right and left-handed. 25X each</li> <li>• Juggling: Keep two balls going at once. Throw one ball with your arm, then throw the second ball with your stick. Keep both balls going off the wall back to you. Right and left-handed 25X each.</li> </ul>	