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# Wall Ball Challenge

## Equipment Needed

- Lacrosse stick;
- One lacrosse or tennis ball;
- Stop watch/phone with stop watch function;
- Paper and pen to record;
- Optional: video to record you.

## Aim of the Drill

To practice sending and collecting the ball on both sides of the body, high and low.

## Instructions

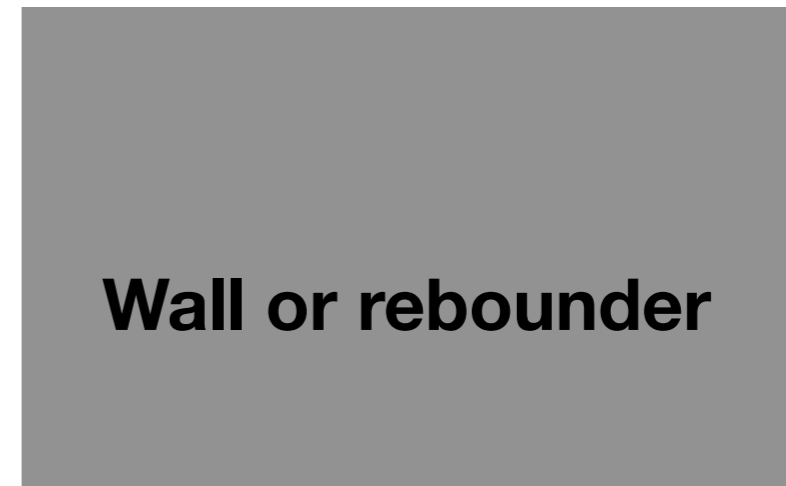
Either:

- set yourself a time limit and count how many you do in 30 seconds - right hand, left hand, high, low;

Or:

- set yourself a target and see how long it takes you - for example 50 right hand high, 50 left hand high etc.

## Diagram



Wall or rebounder

Start/Finish Line