

Handling

1. Toss ball into wall and catch with two hands. x20, 2 Sets
2. Volley ball into wall and catch with two hands. x20, 2 Sets
3. Toss into wall with Rt Hand, catch with Lt. x15 & Alternate, 2 Sets
4. Toss into wall with Rt hand, catch with Rt. x15 Alternate, 2 Sets
5. Hold ball over head with two hands. Trow ball with downward angle into wall. Catch ball after it bounces. x15, 2 Sets
6. Same as #5, but angle the ball into the wall so it bounces away from you. x15 angled Rt. Alternate, 2 Sets
7. Start with a ball in each hand. Bounce and catch one ball 20 times while holding onto the second ball. Alternate, 2 Sets
8. Start with a ball in each hand. Bounce ball, exchange the ball you are holding, and catch the bouncing ball with the hand that didn't initially bounce it. x20, 3 sets.



Cognitive Training

Using the Switched on Training APP

1. WALL BALL. 0.5 seconds delay, 1.5 seconds length, 20 rounds. Do this activity 5 times. Vary your distance from the wall.
2. SPEED RACE. 0.5 seconds delay, 10 rounds. Do this activity 5 times.

To see exactly how these activities work [CLICK HERE](#)