



Week 2

Handling

1. Toss ball into wall and catch with two hands. x20
2. Volley ball into wall and catch with two hands. x20
3. Toss into wall with Rt Hand, catch with Lt. x15 & Alternate.
4. Toss into wall with Rt hand, catch with Rt. x15 Alternate.
5. Hold ball over head with two hands. Trow ball with downward angle into wall. Catch ball after it bounces. x15
6. Same as #5, but angle the ball into the wall so it bounces away from you. x15 angled Rt. Alternate.

Strength & Agility

1. Start with ball behind head, two hands on ball, like a throw in, toss ball high into air. Move and catch ball. x15
2. Start on knees with ball in front of you. Bounce ball off ground, stand up, catch. x15
3. Sit on ground, legs spread, bounce ball off ground, stand up, catch. x15
4. Lay on back, hold ball over your head, two hands on ball, throw high, stand up, catch ball. x15
5. Stand with feet shoulder width apart. Don't step, instead drive using your legs/arms/body to jump as far forward as possible. (Standing Broad Jump). x15
6. Stand with feet shoulder width apart. Don't step, instead drive using your legs/arms/body to jump as high as possible. Can jump next to a wall and try to touch as high as possible. (Vertical Jump) x15