

### 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 hand, two hands on ball, throw high, stand up, catch ball. x15

### 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](#)