



# Duke's Wall Ball Drills

**“DELIVER THE  
GOODS.”**

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1. All drills must be performed with both hands.
2. Any wall will work, but a smooth concrete wall at least 10 feet tall is the best surface.
3. Use your gloves when performing this drill.
4. Stand about five yards from the wall.
5. Perform this routine 4 to 5 times a week for 15 to 20 minutes and your stick skills will improve a great deal in a short amount of time.

## **DRILLS:**

1. Right hand quick-stick - 50 times (left hand).
2. Right hand - one hand catch & cradle 50 times (left hand).
3. Right hand (1 hand only) quick-stick 50 times (left hand).
4. Right hand catch & face dodge 50 times (left hand).
5. Split dodge - throw right, catch right, split dodge to the left then throw left, catch left split dodge back to the right hand (50 times each hand).
6. Quick stick - change hands on every toss the ball is in the air.
7. Cross handed - 50 times each hand.
8. Around the back - 50 times each hand.
9. Side arm after a great hard fake - 50 times each hand.



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