



7-Hills 300 Wall Ball Drill To Success

25 Right

25 Left

25 Left One Hand

25 Right One Hand

25 Right Hand Left Shoulder

25 Left Hand Right shoulder

50 Switch Hands in Air

50 Catch, Switch hands

25 Behind the Back

25 Strong Hand

300 times hitting the Wall

Wall Ball/Skills Log (enter activity for you to track your progress on next page)

[illegible]

