

3 Wall Ball Drills to Build Cleaner Hands

Wall ball is the single best habit you can build outside of practice — it's just you, a stick, a ball, and a wall. Run these three drills a few times a week and you'll feel the difference in your hands within two weeks.

DRILL 1 • 10 MINUTES

Right-Hand Catch & Throw

Stand 5–8 feet from the wall. Throw and catch with your dominant hand only, focused on a quick, clean release — no wind-up. Keep your top hand loose and let your bottom hand do the work.

Coach's cue: "Catch, replace, throw" — reset your grip in the same spot every rep.

DRILL 2 • 10 MINUTES

Off-Hand Reps

Same setup, but throw and catch with your off hand only. This is the drill most players skip — which is exactly why it matters. Go slower than feels natural at first.

Coach's cue: If it feels awkward, you're doing it right. Awkward means it's building a new pathway.

DRILL 3 • 5 MINUTES

Quick-Stick Combo

Alternate hands every catch — right, left, right, left — without breaking rhythm. This trains the hand-speed and stick control you need in game situations when there's no time to reset.

Coach's cue: Count your rhythm out loud. If you lose count, you slowed down — that's the tell.

THE ONE RULE

Consistency beats duration. Five days a week at 20 minutes will build faster hands than one long session on the weekend. Short and often wins.

WANT MORE?

Keep building with MPX.

The full **MPX Wall Ball Training** program has numbered daily reps and drills to keep progressing past these three — trainmpx.com/shop (\$25).

Want direct coach feedback on your game film? **Request a Film Breakdown** at trainmpx.com/book-breakdown.