

PARTNER WALL WORK

- OBJECTIVE: develops quick and accurate ball handling technique
- EQUIPMENT NEEDED: a wall (at least 10'x10'per player) on a flat surface (at least 25 yds. deep), one ball for every two players
- SCALE: personal space -- 10 yd. x 25 yd. space
- NUMBER OF PLAYERS: multiples of two depending on wall size
- SET-UP: players should be ten yards apart

PROCEDURE:

1. Players execute the following patterns together at a distance of five and fifteen feet from the wall:
 - a. serve ball off wall and move behind partner
 1. one touch
 2. two touch
 3. headers
 - b. serve ball off wall at angle to partner at side
 1. one touch
 2. two touch
 3. head trap/header
 4. headers
2. Work can be timed or done through repetitions.