

FACT SHEET

TRAINING DRILL: PASSING THE BALL & WOBBLY WALL



Polocrosse Australia

SKILL LEVEL: BEGINNER

SKILL DEVELOPMENT: BALL CONTROL AND THROW ACCURACY

PLAYERS REQUIRED: 1

EQUIPMENT REQUIRED: A RACQUET, A BALL AND A WALL

INSTRUCTIONS

- 1 Stand in front of your target (wall) with your racquet and ball in hand.
- 2 Pick a target spot on the wall and throw the ball towards the target.
- 3 Catch the ball as it rebounds back and repeat the process.



make it more difficult

WOBBLY WALL

- + Once you are confident throwing and catching the ball against a wall, find an uneven surface such as a tree or shed and stand in front of your target with your racquet and ball in hand.



Pro Tips

Starting off, stand a reasonable distance away from the wall allowing yourself enough time to react and catch the ball.

Choose a goal before you start the drill (e.g. catch the ball a certain number of times without dropping it or hit different targets a certain number of times in a row).

Limit your foot movement to simulate throwing as if you were on a horse.

+
Be prepared for the ball to bounce off the wall at a slightly difficult angle.




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Australian Government
Australian Sports Commission

Scan the QR code below to watch a video of this drill in action.

**PLAY
WELL**

