

Technique:

1. Every drill that you do - do it with both hands.
2. Always wear gloves when you are performing your routine - you play with gloves so why not practice with gloves.
3. Feet spread in throwing position, pointing toward toward the wall. Having the step already in place allows you to concentrate on the upper body mechanics of throwing -- keeping your arms up and away from your body, your hips and shoulders creating a torque motion, snapping the wrist of your top hand and fashioning a full follow-through.
4. "Pick a brick" to hit as your target. Throw the ball hard, don't just lob the ball anywhere on the wall.
5. "Quick tempo" to get as many reps (with proper technique) as possible.
6. Perform this routine at least **4-5 times per week**.
7. This routine should take 20-25 minutes in length.
8. **Compete against yourself!**
9. **Have fun while working hard! Listen to your iPod, etc. to keep yourself motivated to get better!**

Routine:

- **Distance: 10-15 feet from wall (don't stand stationary, get your feet moving)**
 - 2 hands - 50 right, then 50 left (one quick cradle)
 - 1 hand - 50 right, then 50 left (one quick cradle)
 - 2 hands quick stick - 50 right, then 50 left (no cradle)
 - 2 hands backhand - 50 right, then 50 left (stick in right hand on the left side of body, or stick in left hand on right side of body)
 - 2 hands face dodge - 50 right, then 50 left (catch-face dodge-throw with other hand)
 - 2 hands split dodge - 50 right, then 50 left (throw right, catch right, split dodge to left hand, throw left, catch left, split back to right hand)
 - **Develop your own drill (Be creative and make sure you use both hands!)**