

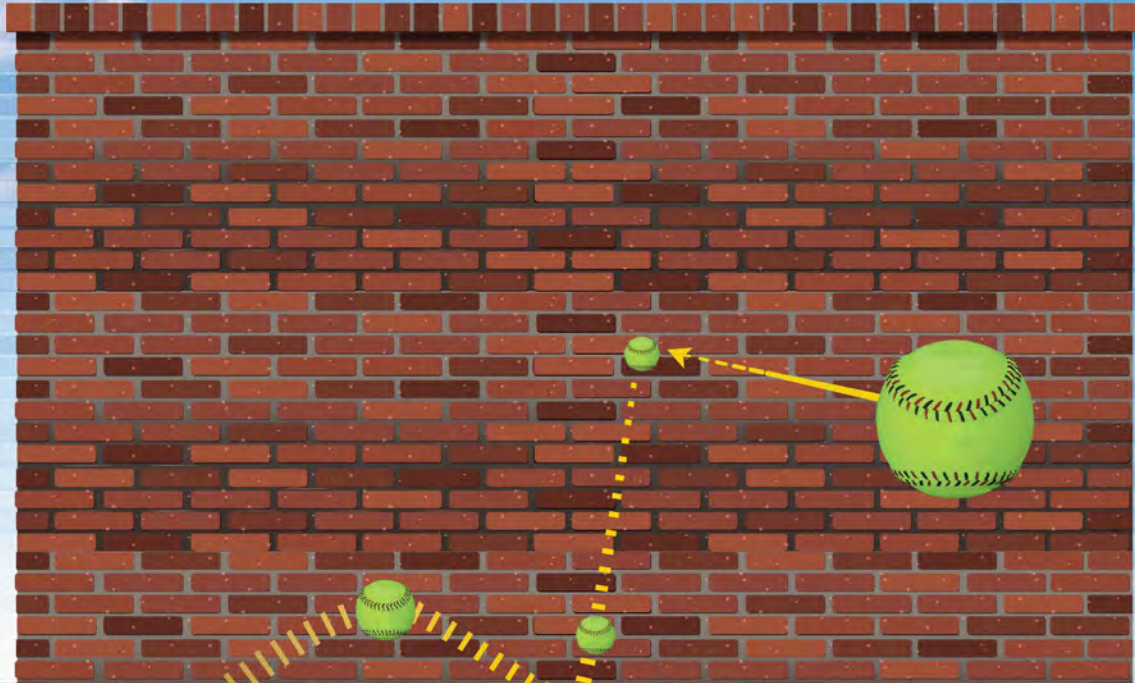


# WALL BALL

## HOW IT WORKS

- Find a wall (without windows) and grab a ball that's soft to avoid damage.
- Throw the ball against the wall and field it... it's that simple. You can do this with a glove or your bare hand.
- Work on good footwork and field the ball in front of your body. Come up and pretend like you are throwing the runner out or starting a double play.
- Count the hops. Can you throw the ball to create 1, 2 or 3 hops? Field the ball on a short hop or long hop and work through the ball to your target.

Why have someone hit you ground balls when you can throw them to yourself?



## EXTRA CHALLENGE

Stand off to the side and throw the ball on an angle against the wall to create a forehand or backhand ground ball. How many wall balls can you field cleanly in a row?



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Training Ball



Plastic  
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