**Voorhees Lacrosse Wall Ball Routine**

***25x Catch, Switch Hands, Throw***

***25x Right Hand***

***25x Left Hand***

***25x Catch, Switch Hands, Throw***

***25x Throw Right, Hand Catch Across Face Left***

***25x Throw Left, Catch Across Face Right***

***25x Catch, Switch Hands, Throw***

***25x RH Quickstick***

***25x LH Quickstick***

***25x Catch, Switch Hands, Throw***

**250 Total Touches!**