

Who?

2026 OBK Players

-House league or rep

When?

July 16-July 30, 2026

Winner announced in the following days

Where?

Pick a target on the wall or rebounder,
and aim at the target with every throw.

How?

- Complete a wall ball challenge sheet over 15 days.
- Email your completed challenge sheet to
OBK Director of Social Media
(socialmedia@oshawablueknights.ca)
to be entered into the draw.
- Tag @obklacrosse on Instagram/Facebook for a bonus entry!

Pick a Challenge!

OBK Wall Ball Challenge #1

Throw + Catch
Cross Body Catch
Quick Stick
Shuffle Passing
Chest Parallel
Over-the-Shoulder Catches

OBK Wall Ball Challenge #2

Strong Hand Throw > Strong Hand Catch
Strong Hand Throw > Off/Weak Hand Catch
Back Hand Throw > Catch
Off/Weak Hand Throw > Strong Hand Catch
Twister/Cripler Throw > Catch
Around the World > Catch

*U7-U9 - 30 reps per challenge
*U11-*U17 - 50 reps per challenge
This is just for fun challenge!!



OBK Wall Ball Challenge #1

Player's name: _____ division: _____

social media handle: (if submit pictures/video) _____

Tag your effort on Instagram (@oshawalacrosse) or Facebook (Oshawa Minor Lacrosse Association)

*Limited to 1 tag per player per day.

***U7-U9** - 30 reps per challenge

***U11-*U17** - 50 reps per challenge

Challenge yourself to split shots between both hands.

Pass and Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Chest Parellel

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Over-the-Shoulder Catches

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Cross Body Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Quick Stick

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Shuffle Passing

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Due by July 30, 2026 by 12:00 pm

Email **socialmedia@oshawablueknights.ca** to enter!

This is just for fun challenge!!!



OBK Wall Ball Challenge #2

Player's name: _____ division: _____

social media handle: (if submit pictures/video) _____

Tag your effort on Instagram (@oshawalacrosse) or Facebook (Oshawa Minor Lacrosse Association)

*Limited to 1 tag per player per day.

***U7-U9** - 30 reps per challenge
Challenge yourself to split shots between both hands.

***U11-*U17** - 50 reps per challenge

Strong Hand Throw > Strong Hand Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Strong Hand Throw > Off/Weak Hand Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Off/Weak Hand Throw > Strong Hand Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Back Hand Throw > Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Twister/Crippler Throw > Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Around the World > Catch

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Due by July 30, 2026 by 12:00 pm
Email socialmedia@oshawablueknights.ca to enter!
This is just for fun challenge!!!

