

Station 1:

Shooting Cones



Station 2:

Chest Pass (wobble boards)



Station 3:

Wall Jumps



Station 4:

Shuttle runs



Station 5:

2 Ball

Kriss Kross



Station 6:

Zig-Zag

Sprints



Station 7:

Put Up Shots



Station 8:

Work your
Partner



Station 9:

Bounce Pass
(wobble boards)



Station 10:

Sit Ups
With Ball



Station 11:

Ladders



Station 12:

Wall Pass

