

Player _____

Date Missed _____

Today's Date _____

14 Sets of Sprints - 4x to center line and back in 24 sec or redo	1	2	3	4	5	6	7	8	9	10	11	12	13	14
7 minutes of planks 1 minute or longer	1	2	3	4	5	6	7							
8 sets of 10 wall blocks load and explode good technique	1	2	3	4	5	6	7	8	Do not do more than one set of ten at a time. Technique will diminish.					
5 minutes of wall sits 1 minute or longer	1	2	3	4	5									
150x setting the ball 12' high and 6' off the wall 25 or more at a time or 12' apart w/partner	25	50	75	100	125	150								