



Toe Taps

Stand behind the ball, place one foot (toes) on the top of the ball then tap the ball with the alternate foot. Keep tapping the ball with alternate feet.



Lunges

Start in a standing position, step forward with one leg, bend the knees and go as low to the ground as possible



Sit Ups

Lie on your back with your knees bent and your feet flat on the floor., Place your finger tips behind your ears. Brace your abs and then raise your body up towards your knees, with your shoulders lifted off the floor. Head always looking straight, no chin on chest and do not pull the head forward.



Dribble Slalom

Place some markers on the floor, dribble the ball in and out of the markers.



Shuttle Run

Run back and forth between two points. Repeat this for the time limit.



Wall Sit

Start by standing about two feet away from a wall with your back against the wall. Slide your back down the wall until your hips and knees bend at a 90-degrees. Keep your shoulders, upper back and back of your head against the wall. Evenly distribute your weight throughout your whole foot.



Press Ups

Lie on the floor face down and place your hands shoulder width apart while holding your torso up at arms length. Then lower yourself downward until your chest almost touches the floor as you inhale. Breathe out and press your upper body back up to the starting position while squeezing your chest.



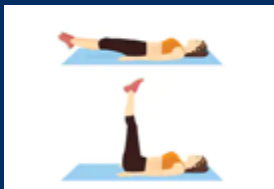
Wall Pass

Pass the ball against the wall as many times as you can in the time limit. Try using alternate feet or one touch passing.



Star Jumps

Begin in a relaxed stance with your feet shoulder width apart and hold your arms close to the body. To initiate the move, squat down halfway and explode back up as high as possible. Fully extend your entire body, spreading your legs and arms away from the body.



Leg Raises

Lay down flat on your back, raise both legs in the air. Bring one leg down towards the floor aiming to stop one inch above the ground. Bring this leg back up to the starting position then change leg.