

	Mon	Tues	Wed	Thur	Fri	Sat/Sun
Panther Practice Sheet						
Hitting Approach (35)						
Serve Tosses (30)						
Set to yourself (100 or 10 min)						
Pass to yourself (100 or 10 min)						
Wall sets (100 or 10 minutes)						
Wall passes (100 or 10 minutes)						
Pushups (20)						
Wall jumps (30)						
Squats (20)						
Hydrate!!						

He gives strength to the weary and increases the power of the weak. Even the youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on the wings like eagles; they will run and not grow weary; they will walk and not be faint

Isaiah 40:29-31