



**Jump Rope**

Two Feet	50	In a row without stopping
Running	50	In a row without stopping
Right Foot	25	In a row without stopping
Left Foot	25	In a row without stopping
LRLR LLRR	25	In a row without stopping
Crossing	25	Does not have to be in a row
Doubles	20	Does not have to be in a row
Fast As You Can	70	In a row without stopping

**Circuit (3 times through)**

Burpees	10	
Planks	30 sec	
Approach Jump Touches	10	Take your time on each jump
Pushups	10	
Lunges	20	
Side Planks	30 sec	
Block Jump Touches	10	Take you time on each jump
Fingertip Pushups	5	
Wall Sits	30 sec	

**Wall Ball Control Series**

**Setting**

- Low Passes-20
- Midline Passing-20
- Rotational Passing-20
- 1 foot away-both hands-50
- 1 foot away-left hand-50
- 1 foot away-right hand-50
- 1 step back-50
- 2 steps back with left footwork-50
- Backset-50
- Start sideways, then toss to backset-20
- Toss to one side, three steps, then set-20
- Same thing to the other side-20
- Jumpsets-20
- Hit against wall or to a partner-50

**Everyone Else**

- Midline Passes-50
- Low Passes-50
- High Passes-50
- Pass/Set-50
- Baby Sets-50
- High Sets-50
- Rotational Passing-50
- Hit against the Wall or to Partner-50