

LESSON 10 - FOOTBALL

JUMP ROPE/HOPS

:40 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

DRILL

STATIONARY CATCHING DRILL #1

Goal: 5 Catches in a row from Level 1

Your Score:

STATIONARY CATCHING DRILL #2

Goal: 5 Catches in a row from Level 2

Your Score:

HOMEWORK

FITNESS #4

TOTAL: Squats

TOTAL: Sit Ups

Goal: 33 Total Reps

LESSON 11 - FOOTBALL

JUMP ROPE/HOPS

:40 of Jump Rope

Your Score:

Split Hops

Your Score:

DRILL

FOOTBALL THROWING #1

Goal: 15 Points (5 Throws)

Your Score:

HOMEWORK

FITNESS #5

Goal: 5 Rounds Completed

Your Score:

LESSON 12 - FOOTBALL

JUMP ROPE/HOPS

:40 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

DRILL

PUNTING DRILL #1

Goal: 15 Points (5 Kicks)

Your Score:

HOMEWORK

FITNESS #6

Goal: Finish workout in 4:30 or under

Your Time: