

LESSON 13 - BASEBALL

JUMP ROPE/HOPS

:45 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

NO \$4 BUCKS

DRILL

FAST HANDS CATCHING #3

Goal: 5 Catches in a row w/ non dominant hand

Your Score:

2 \$4 BUCKS

HOMEWORK

MAX DISTANCE BROAD JUMP #2

Goal: Beat your distance from MAX DISTANCE BROAD JUMP #1

Your Distance:

3 \$4 BUCKS

LESSON 14 - BASEBALL

JUMP ROPE/HOPS

:45 of Jump Rope

Your Score:

Split Hops

Your Score:

NO \$4 BUCKS

DRILL

TARGET THROWING #2

Goal: 20 Points (5 Throws)

Your Score:

2 \$4 BUCKS

HOMEWORK

AGILITY COURSE #2

Goal: Finish course in :9 or under

Your Time:

2 \$4 BUCKS

LESSON 15 - BASEBALL

JUMP ROPE/HOPS

:45 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

NO \$4 BUCKS

DRILL

GROUND BALL #2

Goal: 10 Fielded balls in a row

Your Score:

2 \$4 BUCKS

HOMEWORK

JUMP ROPE #3

Goal: 30 Jump Ropes in a row with NO mistakes

Your Score:

2 \$4 BUCKS