

# LESSON 13 - BASEBALL

## JUMP ROPE/HOPS

:45 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

## DRILL

### FAST HANDS CATCHING #3

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

Your Score:

## HOMEWORK

### MAX DISTANCE BROAD JUMP #2

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

Your Distance:

# LESSON 14 - BASEBALL

## JUMP ROPE/HOPS

:45 of Jump Rope

Your Score:

Split Hops

Your Score:

## DRILL

### TARGET THROWING #2

Goal: 20 Points (5 Throws)

Your Score:

## HOMEWORK

### AGILITY COURSE #2

Goal: Finish course in :9 or under

Your Time:

# LESSON 15 - BASEBALL

## JUMP ROPE/HOPS

:45 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

## DRILL

### GROUND BALL #2

Goal: 10 Fielded balls in a row

Your Score:

## HOMEWORK

### JUMP ROPE #3

Goal: 30 Jump Ropes in a row with NO mistakes

Your Score: