

LESSON 22 - FOOTBALL**JUMP ROPE/HOPS**

1:00 of Jump Rope

Your Score:

Side to Side Hops

Your Score: **DRILL****STATIONARY CATCHING DRILL #2**Goal: 5 Catches in a row from Level 2
(if not already completed in Lesson 10)Your Score: **STATIONARY CATCHING DRILL #3**

Goal: 5 Catches in a row from Level 3

Your Score: **HOMEWORK****JUMP ROPE #4**Goal: 40 Jump Ropes in a row
with NO mistakesYour Score: **LESSON 23 - FOOTBALL****JUMP ROPE/HOPS**

1:00 of Jump Rope

Your Score:

Split Hops

Your Score: **DRILL****FOOTBALL THROWING #2**

Goal: 20 Points (5 Throws)

Your Score: **HOMEWORK****SIDE PLANKS - RIGHT #2**

Goal: Hold for :45

Your Time: **SIDE PLANKS - LEFT #2**

Goal: Hold for :45

Your Time: **LESSON 24 - FOOTBALL****JUMP ROPE/HOPS**

1:00 of Jump Rope

Your Score:

Front to Back Hops

Your Score: **DRILL****PUNTING DRILL #2**

Goal: 20 Points (5 Kicks)

Your Score: **HOMEWORK****FITNESS #10**TOTAL: Squats TOTAL: Squats

Goal: 70 Total Reps