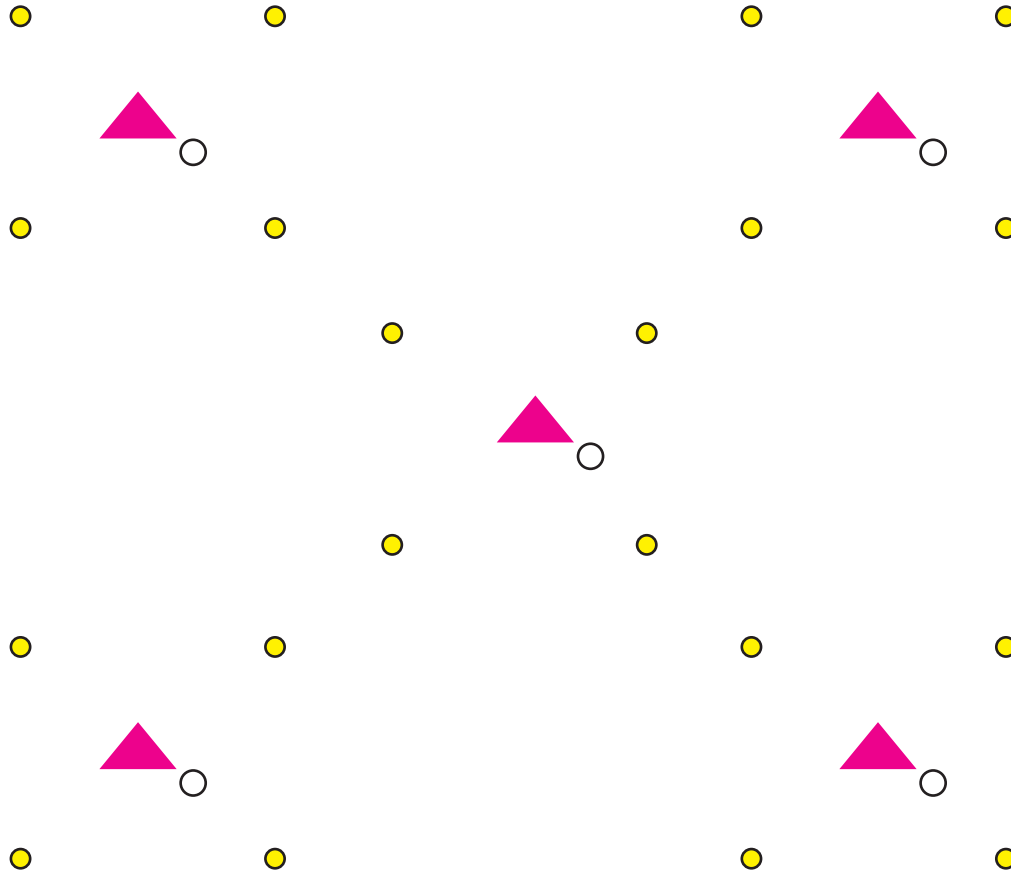


Ball Mastery and HIT - Station 2



Drills

- + Toe-taps (remain in the square) - 1 min
- + Press-ups - 30 seconds
- + V-turns = 1 min
- + Sit-ups - 30 secs
- + Inside/Outside - 1 min
- + Plank - 1 min
- + Tick-tock Roll - 1 min
- + Mountain Climbers - 30 seconds
- + Weaker foot keepie uppies - 1 min
- + Alternate foot keepie uppies - 5 mins

Coaching Points

- + Can you beat the scores you have made so far
- + 30 seconds between each exercise
- + If the ball leaves the square, you must start again