

Click one of the links below and try the Skill Related Fitness activity. Follow it up with some daily Cardio

[Agility Ladder drills](#)

You can make an agility ladder at home.. Use tiles on the floor, lay out sticks in the yard, lay out tall socks...

[Balance exercises for teens](#)

[Agility drills for athletes](#)

Watch and listen to the "how to", pause and then try it for 1 minute. Then continue to the next drill.

[Speed drills](#)

[Plyometric exercises to increase power](#)

[Home Court App](#)

Here you can do fun agility and reaction drills.

[Coordination "games"](#)

Look through the article and try any or all.

[Balancing Yoga Poses](#)

Choose the poses you want to try and click on them for step by step directions.

[Juggling](#)

Anyone can do it!