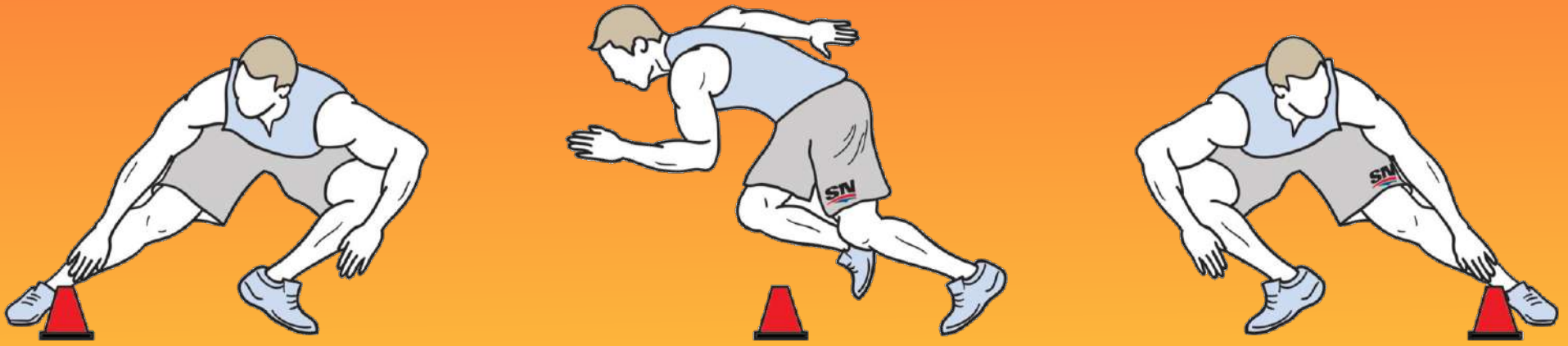


SHUTTLE RUN

PRO AGILITY - SHUTTLE RUN

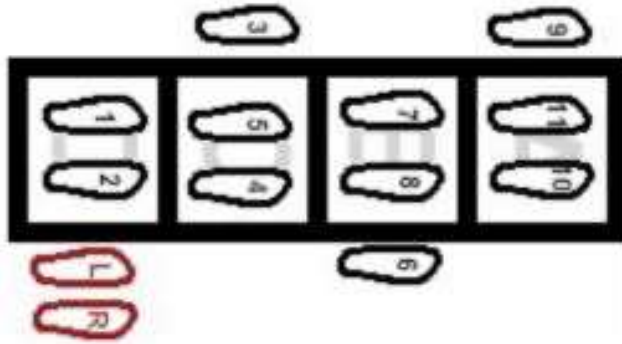


TWO PARTICIPANTS WILL RACE TO RETRIEVE BOTH PUCKS (1 AT A TIME) AND RETURN THEM TO THE STARTING LINE. THE FIRST ONE FINISHED IS THE WINNER! YOU CAN ALSO USE A STOPWATCH TO SET A PERSONAL RECORD!



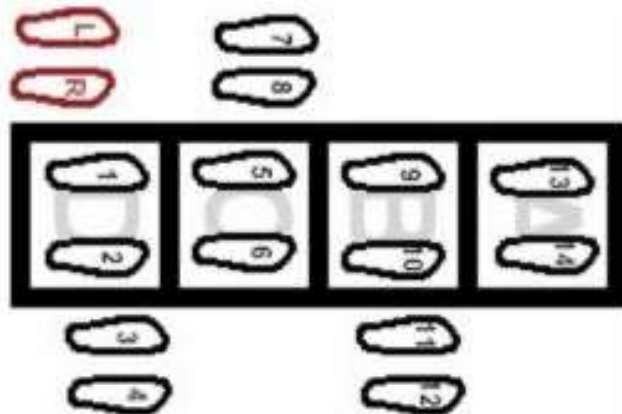
AGILITY LADDER

Ickey Shuffle

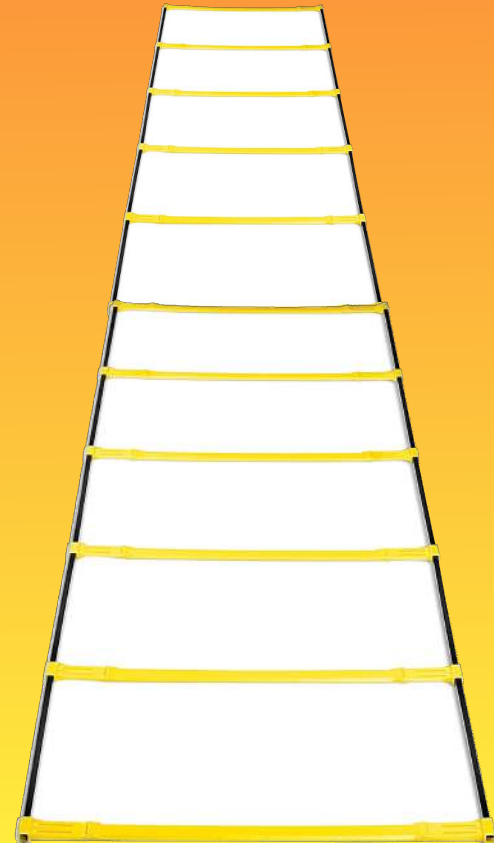


Start by facing down ladder and to the side. Using a 1-2-3 rhythm, step into the first square with the inside foot, followed by the outside foot. Next, step to the outside of the second square with the lead foot. Now step into the second square with the trail foot. Step with the lead foot into square two. Repeat the exercise leading with the other foot.

X-Over Zig Zag



Start by facing down ladder and to the side. Step into the first square with the outside foot followed by the inside foot (across the front of the body). Step to the outside of the first square with the lead foot followed by the trail foot. Step into the second square with the lead foot followed by the trail foot. Repeat the exercise leading with the other foot.



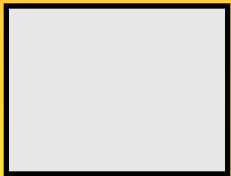
QB CHALLENGE



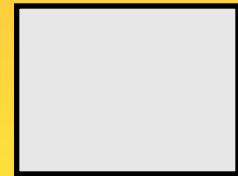
HOW MANY PASSES CAN YOU MAKE?

SUPER BOWL PREDICTIONS

WHO WILL TAKE HOME THE TROPHY?



SUPER BOWL



SCORE: _____ TO _____

DROP IN THE BUCKET



MAKE PASSES FROM ALL 3 LEVELS

PARTNER PASS & CATCH



T, ELBOW, STEP, THROW

ULTIMATE FOOTBALL



PIVOT ONLY, ONLY DEFEND WR, 3 SECS TO PASS