



STRIKING



- Bat tap ups
- Ball control left & right
- Bouncing & tapping up
- Close control ball balances
- Dribbling under hurdles
- Flicking up into the hoop
- Foot infinity loops
- Pass & control left & right
- Pass & dribble off the wall
- Sideways weaving
- Through gates to shoot
- Under the hurdle & shoot

- Alternating wall shots
- Backhand slices
- Backhands off the wall
- Bounce up off the ground
- Bouncing & stepping over
- Bouncing along the lines
- Catching on the racquet
- Flings into the hoop
- Forehand slices
- Forehands & backhands
- Forehands off the wall
- Infinity loop bouncing
- Keep the ball in the hoop
- Off the wall into the hoop

- Overarm serves & hits
- Sit down & stand up
- Tap & around the ball
- Tap up & spin around
- Tap up through your legs
- V bouncing
- Volley wall shots



- 1 arm control
- 1 arm hoop bouncing
- Bounce digging
- Bounce setting
- Clap digging
- Clap setting
- Cone tap digging

- Jump setting
- Over & under the net
- Overarm wall serves
- Pancakes
- Short wall setting
- Side setting
- Sit & turn setting
- Skills along the lines
- Spin setting
- Stand to sit setting
- Turning & setting
- Underarm wall serves
- Wall block jumping
- Wall digging & setting
- Wall digging
- Wall spiking

MOVING



- Bells
- Criss-crosses
- Double unders
- Running on the spot
- Scissor leg jumps
- Side straddles
- Skiers
- 2 steps sideways
- 4 steps in & out the hoop
- 4 steps in & out
- Around the clock

- Balance & bend down
- Bean bag head balancing
- Cone stacking & balancing
- Criss-cross spot jumps
- Crossing the bridge
- Distance jumping
- Distance leaping
- Gym ball hand walk-outs
- Hip twists
- Hoop jump turning
- Hoop switches
- Hopping in & out
- Hurdle box jumps

- Hurdle jump squats
- Hurdle jump turns
- Ice skating spot to spot
- Jump in the spinning hoop
- Keeping the balloon up
- Lateral shuttle runs
- Lateral steps over hurdles
- Long jumps
- Long leaping spot to spot
- Noodle balancing
- Noodle knee balancing
- Noodle skipping
- Noodle walking

- North South East West hops
- Power leg plants
- Quarter jump turns
- Shoulder ball rolling
- Side hop balancing
- Spin & shuffle
- Square sprinting
- Stepping over the cones
- T shape running
- Through the legs on a bench
- Weaving & transferring
- Wide & narrow

BOUNCING

- 1 handed passing
- 1 step cross-overs
- 4 touch bouncing
- Behind the back passing
- Body wraps
- Bounce & spin
- Bounce passing

- Chest passing
- Controlled low dribbles
- Cross-over weaving
- Drop & switch hands
- Figure of 8 bouncing
- Figure of 8's
- Fingertip control

- Half circle bouncing
- Ladder bounces
- Ladder cross-overs
- Shuttle dribbling
- Side V bouncing
- Square bouncing
- Stand up & sit down

- Through the gates
- Through the legs
- Windscreen wipers
- Zig-zag line cross-overs
- Perfect bouncing
- Tapping the ball on a ball

THROWING & CATCHING

- 1 hand small ball control
- 2 balls at the same time
- 2 handed side throwing
- 3 clap catching
- Back through the legs
- Balancing & bouncing
- Bean bag flick up & catch

- Bean bag knee taps
- Bean bag leg juggles
- Bean bag on neck catching
- Bench walks & catches
- Bounce under your legs
- Catching off of the big ball
- Catching off the gym ball

- Cone catching
- Flick up behind & catch
- Frisbee catching
- Hoop frisbee flings
- Hop catching in the air
- Off the wall into the cone
- Off the wall into the hoop

- Overhead & behind
- Overhead & catch behind
- Roll & catch off the wall
- Side to side ball spinning
- Sliding onto the spots
- Through the legs
- Touch the ground & catch



- Punt kicking
- Accuracy passing
- Ball control from the air
- Catching on your foot
- Chesting & trapping
- Chipping into the goal
- Chipping into the hoop
- Circle weaves & rolls
- Clip the ball up
- Drag back & behind
- Drag back & shoot
- Drag forward & backwards
- Flick over the hurdles
- Flick up to volley
- Flick pups from behind
- Flick ups
- Half volley control
- Half volleys into the goal
- Infinity loop ball control
- Keep the ball bouncing
- Keep ups in the circle
- Kick & spin
- Knee ups
- Moving side to side taps
- Pancakes
- Roll to inside foot passing
- Rolling the ball
- Scooping up the ball
- Shoot around the goal
- Shooting off a cone
- Shoulder taps
- Side to side touches
- Sole rolls across
- Through the gates
- Toe taps
- Trap, drag & roll behind
- Volley & trap off the wall
- Zig-zag body feinting
- Zig-zag spot skills
- Zig-zag step-overs



- 1 foot reach & balance
- 1 handed wall push-ups
- Airplane lunges
- Airplane twists
- Around the clock
- Ball push-ups
- Ball slams
- Ball twisting
- Banana holds
- Baseball lunge twisting
- Bench bunny hopping
- Bench step ups
- Calf hopping
- Crab kicking
- Hand walk out push-ups
- High knee jumping
- Moving planks
- Pistol squats
- Quad standing
- Shoulder balances
- Side lunges
- Side squat jumping
- Slalom jumping
- Spiderman push-ups
- Squat & push
- Step back lunges
- Straight from jumping
- Sumo squat jumping
- Tricep ball extensions
- Tricep dips
- Wall ball sit-ups
- Wall ball sits
- Whole body knee jumps



- 1 legged jumps
- Airplane balancing
- Ankle, knee & hip circles
- Arm circles
- Arm levers
- Arm scissors
- Calf raises
- Core kick throughs
- Duck waddles
- Gorilla walking
- Hamstring kicks
- Heel to butt kicking
- Jumping lunges
- Knee hugging
- Knee turning
- Monkey skipping
- Open & close the gates
- Pendulum swinging
- Shoulder cross-overs
- Standing step & swings
- Star jumping
- Step & kick
- Sumo squat stomps
- Superman reaches
- Wide toe touches



- Across the body knee hugs
- Arms across your chest
- Arms down your back
- Calf lunges
- Fingers down for biceps
- Heels to your bum
- Hip flexor lunges
- Hips up on your knees
- Lower back ground twists
- Neck movements
- Oblique reaches
- Pigeon pectorals
- Reaching behind & in front
- Side lunge holds
- Trapezius pushes
- Wide toe reaches