



Synchronicity

1. Grab the Old Bag

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power

2. Toss Your Cookies

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3. Four Pointer

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Synchronicity

1. Grab the Old Bag

Juggling progression using old plastic grocery bags. Work well as they stay in the air longer.

2. Toss Your Cookies

Tennis Ball Drills:

- a. dribble a tennis ball
- b. bounce off floor and catch with other hand
- c. bounce off wall and catch with other hand
- d. throw up and turn 360 and catch with one hand
- e. two ball drills
 - a. toss two off wall and catch one hand
 - b. toss two off wall and catch opposite hands
 - c. drop balls from shoulder height and catch opposite hands
- f. partner toss - shuffle and toss

3. Four Pointer

Four point jumping jacks