## Workout #1

4-6 sets of 30 seconds Tennis Ball Suicide

4-6 sets of 30 seconds Tennis Ball Dance

<https://www.youtube.com/watch?time_continue=122&v=6niYRZ1b4QA>

4-6 sets of 30 seconds Tennis 2 Ball Drop <https://www.youtube.com/watch?v=B_DVFtySmNg> (1:39)

Agility Wheel - 3 sets of each

* Sprint
* Sprint Shuffle
* Sprint Backpedal

<https://www.youtube.com/watch?time_continue=105&v=kJzKo88fvt0>

## Workout #2

Perform each movement through the agility ladder 3 times (or 2 times per side)

***Option:*** End each ladder rep with a 30m sprint or shuffle

1) Gallop (2 feet every square)

2) Lateral Shuffle

3) In, In, Out (Icky Shuffle) Forward and Backward

4) In, Out Straddle Forward and Backward

5) Scissors (Ali Shuffle)

6) Stack, Out Forward and Backward

7) In, In, Out, Out, Forward and Backward

8) Hopscotch

9) In, In, Out, Out Lateral

10) Forward Twist

<https://www.youtube.com/watch?v=kj1wfv6LhfU>

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