

(A) Joint Mobility / Dynamic WUP

TUE 10-5-10

(B) Partner Passing (100yd OR B-Ball Court x2)

3x Fwd / Bkwd

3x Side Shuffle

2x Carioca

(C) 8 SETS 10 REPS (Supersets)

Box (Bench ^{Handball}) Jumps

Standing Med Ball Overhead Slams

(C) Single Leg Partner Pass

1 Arm Shot Put

1 Arm Chest Pass