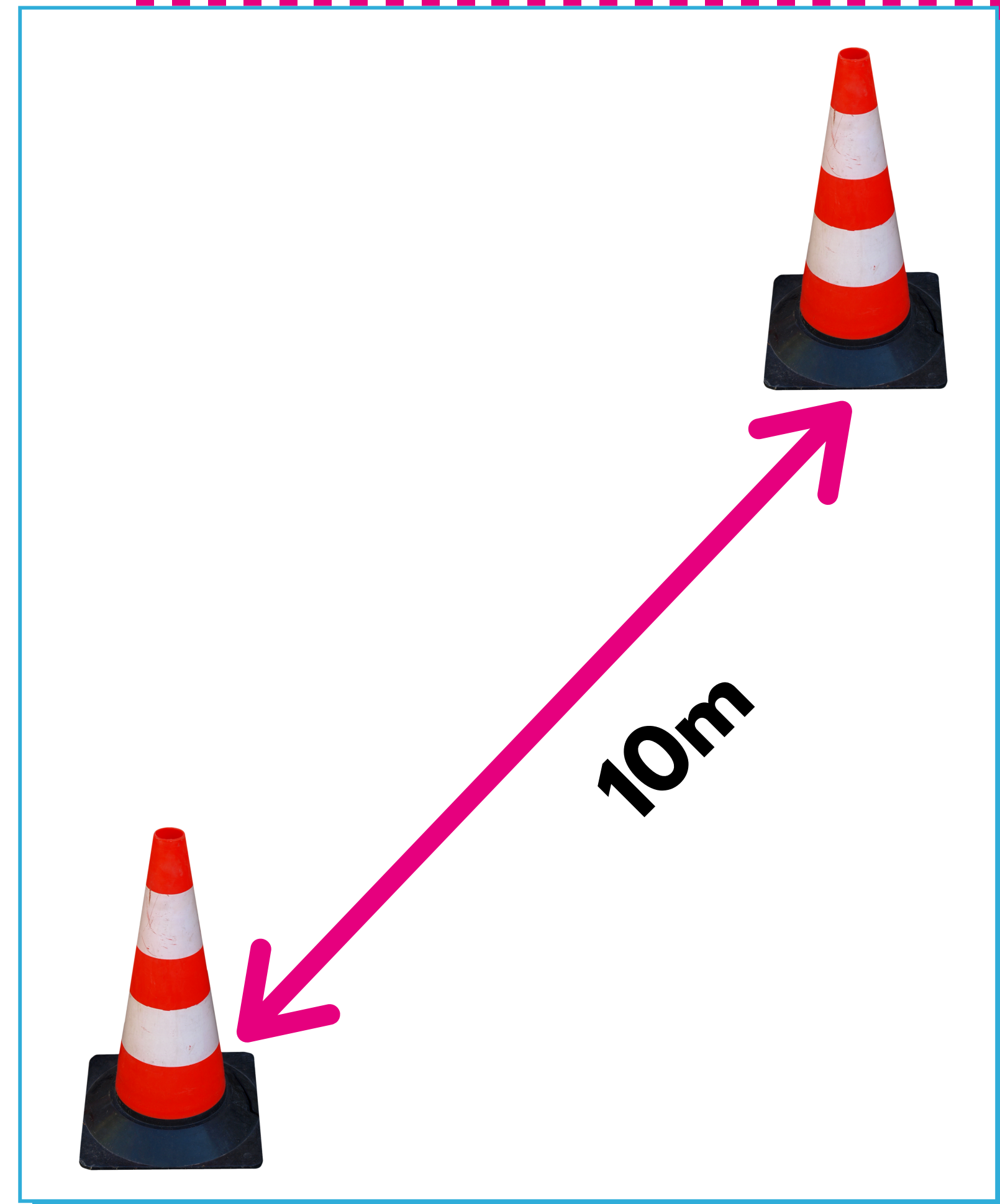


SHUTTLE RUN

- Set up two cones 10m apart (take 10 big steps).
- See how many times the athlete can run to the cone and back in 20 seconds.
- Each time the athlete gets to either cones is one count.

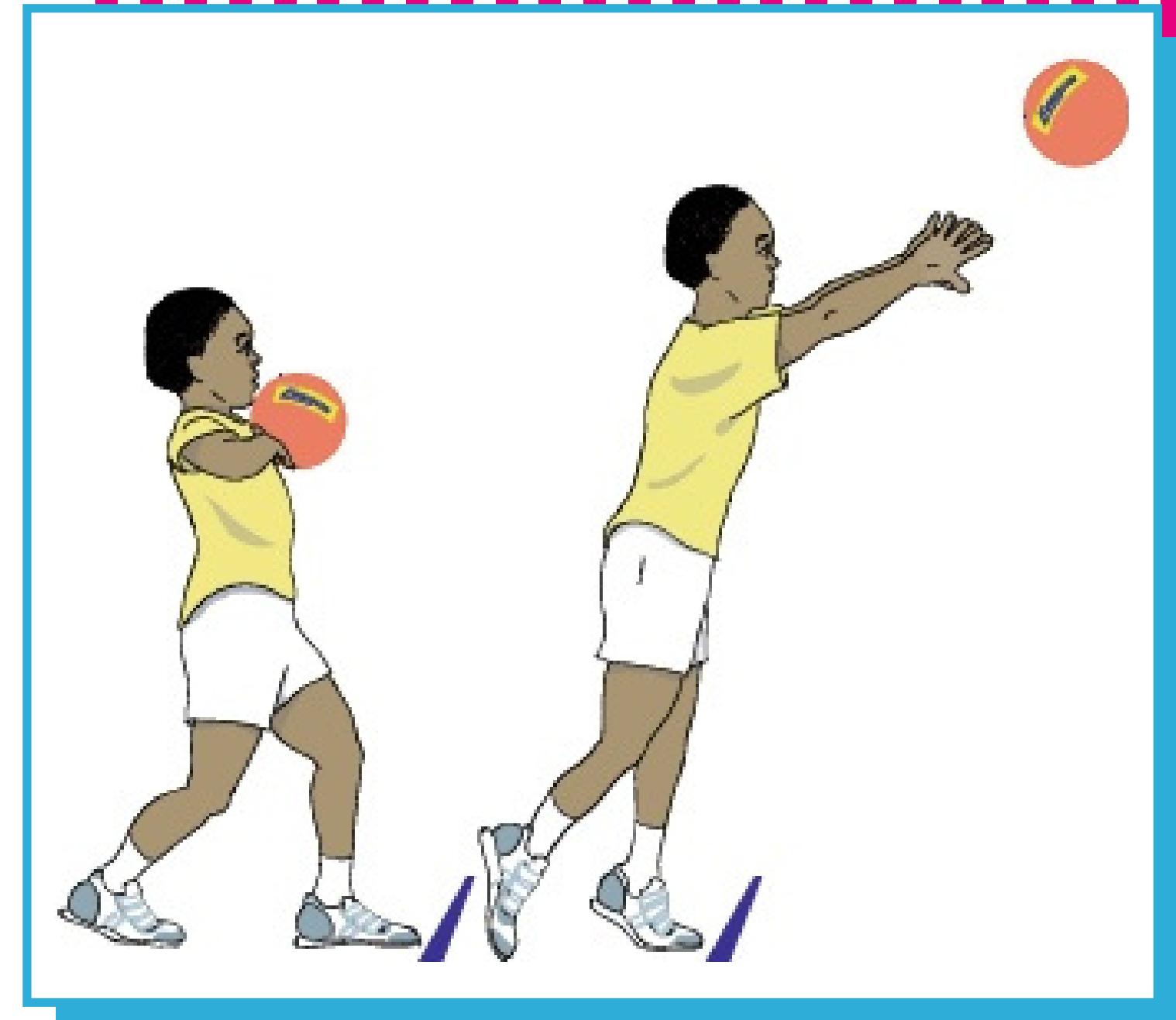
Equipment
x1 Stopwatch
x2 Cones



CHEST PUSH

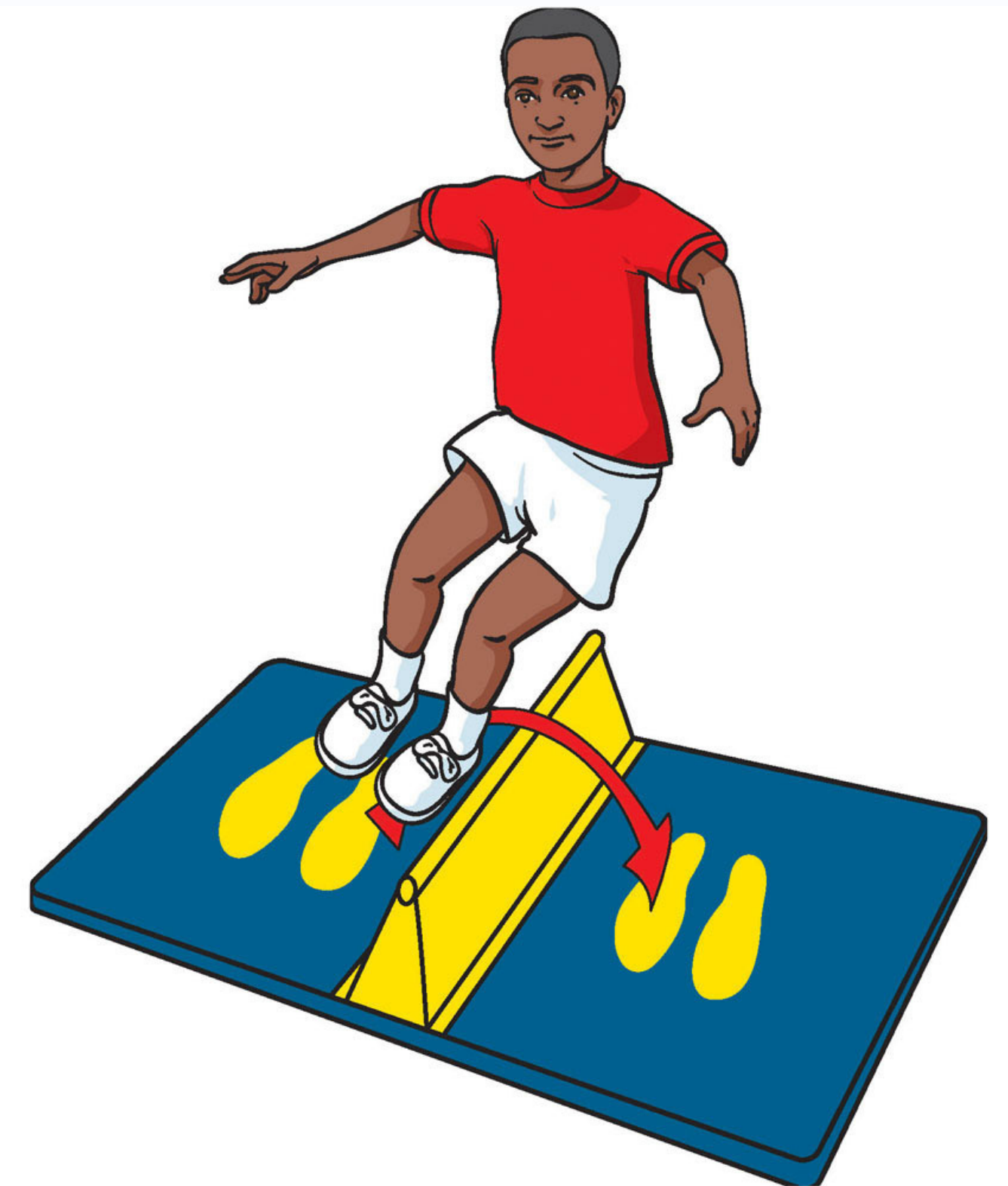
- Athlete takes two big steps away from the wall.
- Athletes must push the ball forward from the chest.
- Count how many times the athlete can push the ball against the wall and catch it in 20 seconds.
- Each time the athlete catches the ball from the wall is one count.

Equipment
x1 ball



SPEED BOUNCE

- Set up a safe landing area with a barrier to jump over.
- Time 20 seconds to see how many times the athlete can jump over the barrier. Each time the athlete lands two footed onto the mat is one count.



Equipment
x1 Stopwatch

x1 Speed bounce mat or barrier