

Day TWO (pick 7-10)	Reps	Dist (YDS)	Focus
			***Time it takes to complete the required # of repetitions (non consecutive) **record time
1. Catch Cradle D	60	10	Time: How long to complete reps
2. Catch Cradle ND	60	10	Time: How long to complete reps
3. QS D	80	5	Time: How long to complete reps
4. QS ND	80	5	Time: How long to complete reps
5. Sidearm D	50	8	Time: How long to complete reps
6. Sidearm ND	50	8	Time: How long to complete reps
7. R/L Switches (switch off catch)	60	8	each catch counts as "one"
8. Behind the Back D	20	8	Time: How long to complete reps
9. Behind the back ND	20	8	Time: How long to complete reps
10. Reverse/Backhand Catch D	50	10	Time: How long to complete reps
11. Reverse/Backhand Catch ND	50	10	Time: How long to complete reps
12. Reverse/Backhand QS D	40	8	Time: How long to complete reps
13. Reverse/ Backhand QS ND	40	8	Time: How long to complete reps
14. Short Stick R/L Switches	60	8	each catch counts as "one"
15.Short Stick Throw Catch D	50	8	Time: How long to complete reps
16. Short Stick Throw Catch ND	50	8	Time: How long to complete reps
17. 1 Handed Flicks D	20	5	Time: How long to complete reps
18. 1 Handed Flicks ND	20	5	Time: How long to complete reps
19. Long Throws D	25	15	Time: How long to complete reps
20. Long Throws ND	25	15	Time: How long to complete reps
21. 1 Handed Draw Balls D	20	15	Time: How long to complete reps
22. 1 Handed Draw Balls ND	20	15	Time: How long to complete reps