
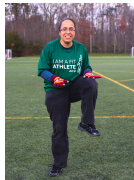

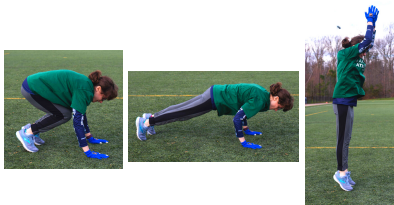





# COACH'S CLIPBOARD CHEAT SHEET

	GOAL & TIME	SCORING	EQUIPMENT	PREP	PICTURE
<b>BALL TAP</b> balance	How many times can you tap the ball on the ground in <b>60 seconds</b> ?	<b>1 point:</b> Touch ball to ground and stand up without losing balance	<ul style="list-style-type: none"> <li>stopwatch</li> <li>ball</li> </ul>	N/A	
<b>HIGH KNEES</b> cardiovascular endurance	How many times you can bring your left and right knee to waist height in <b>60 seconds</b> ?	<b>1 point:</b> bring left AND right knee up to waist height	<ul style="list-style-type: none"> <li>stopwatch</li> </ul>	N/A	
<b>JUMPING JACKS</b> cardiovascular endurance	How many jumping jacks can you do in <b>60 seconds</b> ?	<b>1 point:</b> for each full repetition <b>1 rep:</b> starting position, clap at the top, and back to starting position	<ul style="list-style-type: none"> <li>stopwatch</li> </ul>	N/A	
<b>BURPEES</b> total body strength	How many burpees can you do in <b>60 seconds</b> ?	<b>1 point:</b> for each full repetition <b>1 rep:</b> starting position, squat, high plank, squat, jump, clap	<ul style="list-style-type: none"> <li>stopwatch</li> </ul>	N/A	
<b>CONE JUMPS</b> agility	How many times can you jump from cone to cone in <b>60 seconds</b> ?	<b>1 point:</b> for each full repetition <b>1 rep:</b> start at cone #1, jump to cone #2, and back to cone #1	<ul style="list-style-type: none"> <li>stopwatch</li> <li>two cones/markers</li> </ul>	Set up two cones 12 inches apart 	
<b>MOUNTAIN CLIMBERS</b> core strength	How many mountain climbers can you do in <b>60 seconds</b> ?	<b>1 point:</b> bring left AND right knee into their chest	<ul style="list-style-type: none"> <li>stopwatch</li> <li>ball</li> </ul>	N/A	
<b>PUSH-UPS</b> upper-body strength	How many push-ups can you do in <b>60 seconds</b> ?	<b>1 point:</b> for each full repetition <b>1 rep:</b> high plank, bend elbows and lower chest towards the ground, and back to high plank	<ul style="list-style-type: none"> <li>stopwatch</li> <li>ball</li> </ul>	N/A	