

Court Circuit

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|--------------------------|--|-------------|
| 1 <i>Around a circle</i> | 2 left 2 right foul line circle | <i>Rest</i> |
| 10 <i>V. J.'s</i> | to a rim | 2-3 min |
| 1 <i>Sprint a square</i> | 2 left 2 right around 1/2 court | |
| 1 <i>Wheel barrel</i> | 1/2 court forward, backward, left, and right | |
| 1 <i>Crab Walk</i> | 1/2 court forward, backward, left, and right | |
| 1 <i>Sprint</i> | Fullcourt Forward and Backwrad | |
| 1 <i>Skip</i> | Fullcourt Forward and Backwrad | |
| 10 <i>Push-ups</i> | Get up in the air | |

