

U18 Girls Vision Basketball

Zoom Workout.15—Outdoor Training with Physical Distancing

Warm Up.1

https://www.youtube.com/watch?v=_aQVGjK4FSQ

Warm Up.2

<https://www.youtube.com/watch?v=wNsz3E67cIc&feature=youtu.be>

Warm Up.3

<https://www.youtube.com/watch?v=nRRyNnO2aZM&feature=youtu.be>

Warm Up.4

https://www.youtube.com/watch?v=BUB9ik_IJWs&feature=youtu.be

Ladder Work—Agility & Footwork

<https://www.youtube.com/watch?v=QLsHv-tK4Hk&feature=youtu.be>

Circuit Activities—Round 1

<https://www.youtube.com/watch?v=nPA2cSbehFY&feature=youtu.be>

Circuit Activities—Round 2

<https://www.youtube.com/watch?v=QWneQTGepDo&feature=youtu.be>

Cardio Workout—Ascending & Descending Sprints

<https://www.youtube.com/watch?v=KE9I7c80o84&feature=youtu.be>

Stretch & Cool Down

<https://www.youtube.com/watch?v=jdtiFPayr5w&feature=youtu.be>

Entire Workout in Back-to-Back Videos

https://www.youtube.com/watch?v=_aQVGjK4FSQ&list=PL8bVtVI-64qJcdrE5ZaqlxZNBm15SA8z&index=1