



Week 1 - April 13th - April 19th

<i>Week</i>	<i>Date</i>	<i>Activity</i>
Week 1	Challenge 1 - Catch on your neck! Video Link	
	April 15th Repeat all progressions 4 times each	Isolation Stations Video Video Link
	April 16th	Work on Challenge 1
	April 17th	Juggling Video Video Link
	April 18th	Work on Challenge 1
	April 19th	Rest

Be sure to check out our "Juggling Challenge". A week by week challenge to encourage players to track and develop their juggling while at home. More Details here...

<http://www.billingsunited.net/player-development/>

