

Top-It™ Skills				
			TIME	
SKILL	CATEGORY	EQUIPMENT	LIMIT	MASTERY
Alternate laces juggle #4/5 250	Juggling Roadmap™	#4/5		
Alternate laces juggle racquet ball 250	Juggling Roadmap™	Racket Ball		
ALT LAC juggle ping pong/paddle 1-2 laces 1	Juggling Roadmap™	PP Ball, 2 paddles		100 Sets
-2 ball 3 touch laces 150 catches	Juggling Roadmap™	#4/5		
-3 ball 1 touch laces 250 catches	Juggling Roadmap™	#4/5		
The Great 88 1 set	Juggling Roadmap™	#4/5		
Inside pyramid to 25	Juggling Roadmap™	#4/5		
Rockit 5, 75 sets	Juggling Roadmap™	#4/5		
Wall headers to 2' square 75	Juggling Roadmap™	#4/5, Wall		
421 moving, 10 laps no drops	Juggling Roadmap™	#4/5		
Juggle around pitch 10 times	Juggling Roadmap™	#4/5		
Thighs around pitch 10 time	Juggling Roadmap™	#4/5		
Stationary headers 250 IAR	Juggling Roadmap™	#4/5		
Pancakes to rebounder 150	Juggling Roadmap™	#4/5		
Flick sole trap alternating 6' 250	Airborne™ Timing & Traps	#4/5, Wall or Rebounder		
Deadening volley throw above head 150	Airborne™ Timing & Traps	#4/5, Wall		
3' alternating half volleys 250 IAR	Airborne™ Timing & Traps	#4/5, Wall		
Wall Juggles alternating 250 IAR	Airborne™ Timing & Traps	#4/5, Wall		
GYRB 25 in square laces full volley 100T	Airborne™ Timing & Traps	#4/5, Wall		
GYRB 25 in square inside half volley 100T	Airborne™ Timing & Traps	#4/5, Wall		
Full volley LR I-L-O 100 sets	Airborne™ Timing & Traps	#4/5, Wall		
6 ft one foot one touch pass 30 sec, 60	Passing	#4/5, Wall		
Yellow 90 Degree pass, 40	Passing	#4/5, Wall		
2 player 2 ball pass 30 sec, 75	Passing	#4/5, Partner, 4 Cones		
2 player 12' gates passes	Passing	#4/5, Partner, 4 Cones		
18-2 outside cut (4 splits)	Krazy Kones™ & Total Attack™	#4/5, 2 Cones		
18-10 inside outside cut	Krazy Kones™ & Total Attack™	#4/5, 10 Cones		
18-5 lacroquetta	Krazy Kones™ & Total Attack™	#4/5, 5 Cones		
18-7 sole roll	Krazy Kones™ & Total Attack™	#4/5, 7 Cones		

Speedsquare 808	Ball Calibration™ 1-6	#4/5, 4 Cones		
140 Up	Ball Calibration™ 1-6	#4/5		
IO Cut Stationary	Ball Calibration™ 1-6	#4/5		
Tic Toc	Ball Calibration™ 1-6	#4/5		
Toe Taps	Ball Calibration™ 1-6	#4/5		
Circle around 25IAR 30 sec	Ball Calibration™ 1-6	#4/5		
Round and round 2 feet IAR 30 sec	Ball Calibration™ 1-6	#4/5, Tall Cone		
8' Infinity box, outside cut timed	Ball Calibration™ 1-6	#4/5, 5 Cones		
12-24-36 run	XA			
12-24-36 backward run	XA			
12-24-36 with ball	XA	#4/5		
40 yard dash 4.6 seconds	XA			
5/10/5 shuttle	XA	3 Cones		
Around the pitch run	XA	4 Tall Cones		
Around the pitch Run backwards	XA	4 Tall Cones		
Around the pitch run with ball	XA	#4/5		
12' burst and balance	XA			
12' burst and shield with ball	XA	#4/5		
12'burst and balance side shuffle	XA			
Bosu Balance laces v, side, air 25	XA	Bosu		
Bosu table top 10 minutes	XA	Bosu		
Bosu hula hoop 10 min	XA	Bosu, H Hoop		
Hula Hoop	XA	H Hoop		
Balance board side to side 20 min	XA	Balance Board		
Balance board front to back 15 min	XA	Balance Board		
Balance board side to side 10 min H Hoop	XA	Balance Board, Hula Hoop		
Jump rope 2 feet 500 IAR	XA	Jump Rope		
Jump rope slalom 300 IAR	XA	Jump Rope		

Planks 10 min	XA			
Push UPS 100	XA			
Chin ups 50	XA	Bar		
Pull ups 35	XA	Bar		
Dips 100	XA	Dip Bar		
Russian twist 300 @ 5%	XA	Ball		
Broad jump 4-2-4-2	XA			
180 twist, lucky 12, timed	XA			
360 twists, lucky 8 timed	XA			
1-2 forward 12 Step 1 riser	XA	Step & Riser		
2 foot side jump 12 Step 1 riser	XA	Step & Riser		
Vertical Jump	XA			
Ladders 2 splits	XA	Ladder		
Backward lcky Shuffle	XA	Ladder		
Sideways transfer	XA	Ladder		
Hop scotch every other	XA	Ladder		
Chip red to square 75 IAR	Boom!™ Finishing	#4/5, Wall		
Laces drive red/yellow to square 50 IAR	Boom!™ Finishing	#4/5, Wall		
Green to 8' crossbar 35 IAR	Boom!™ Finishing	#4/5, Wall		
4 square aerial red yellow 5 seconds	Boom!™ Finishing	#4/5, Wall		
4 triangle 2 pass 2 aerial yellow/green 5 seconds	Boom!™ Finishing	#4/5, Wall		
4 pass red/ yellow cone at green 7 seconds	Boom!™ Finishing	#4/5, Wall		
Rainbow into green bucket 8' height min 25 IAR	Boom!™ Finishing	#4/5, Bucket		
Ankle Flick 6' into bucket 25 IAR	Boom!™ Finishing	#4/5, Bucket		
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