



SpeedSquares™ are technical skills practice sequences done in a 2'x2' WABA practice square. They are comprised of a variety of skills & touches combined in game like movements. Skills mastery, fluidity & lightning fast speed are the desired outcome of this WABA routine. SpeedSquares are a perfect addition to a footballers pre-practice or pre-game Ball Calibration™.

Craft your own SpeedSquare™ with a combination of your favorite moves, create a catchy name & then perfect the sequence achieving Top-It™ Skills Mastery Level. SpeedSquares™ should be interval burst training & performed in under 10 seconds once mastered. Good luck on your creation & WABAON!

Athlete's Name _____ Date Invented _____
 Suggested Level 7 Mastery Time _____ My Best Time _____

SpeedSquare™ Name _____

Sequence

<p>1</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9</p>

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