



SMARTfit Functional Fitness Games Lessons-to-go for K-9th Grade Group Exercise

Rev 3.1

SMARTfit ProTrainer and Multi-Station



PE • Sports • Strength • Speed • Endurance • Balance • Cardio • Focus • Fun

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Unlike other fitness equipment which may require additional insurance, SMARTfit ProTrainer and SMARTfit Multi-Station have been approved by the Fitness Insurance Industry for use under general liability insurance. Please check with your insurer to confirm insurance laws in your state.

PARTICIPANTS SHOULD CONSULT A DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM. The content of this workout program is made available with the understanding that SMARTfit Inc. disclaims all responsibility for any injury incurred as a consequence of engaging in this program without first consulting a physician or otherwise qualified health care professional.

Thank You. Enjoy your new SMARTfit system!

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Chapter 1

Welcome to SMARTfit Functional and Brain Fitness Training for K through 9th Grade Group Exercise

Introduction

The fundamental goal of any fitness program is to help prepare individuals for the challenges of the twenty-first century by providing the core skills and knowledge for them to be physically active as part of a healthy lifestyle. SMARTfit™ Functional and Brain Fitness Training merges cognitive and fitness training with gameplay providing a fun and engaging multifunctional workout for SGT, Group X and personal training.

SMARTfit™ works for all ages and abilities. Using sophisticated interactive computer technology, SMARTfit™ training sessions are based on games that naturally promote fun, social interaction, and exercise in a venue that requires active participation and develops successful team play.

SMARTfit's diverse programming is designed to make fitness and sports training more fun, engaging, challenging, and inclusive than traditional forms of training. Following are tips to assist you in understanding your SMARTfit™ and making it successful in your facility.

SMARTfit™ System Manual

This manual is designed for use by both trainers wishing to design their own workouts and those seeking single session classes or boot camps. To see drills in action, please view our web site on: <http://smartfitinc.com/customer-resources/>

If you come up with a drill that is NOT posted on the channel, please capture it via smart phone and send it to us so that we can post it. We are aiming to build a library of ideas to share with teachers and trainers from all sectors.

This manual addresses games available for the SMARTfit™ Multi-Station and the SMARTfit™ ProTrainer with 9 targets per panel:

The SMARTfit™ Trainer is a system with 1 to 6 separated panels, each forming a separate station with its own scoreboard and 9 targets. They only operate in Training Station mode which are addressed in game series 0-99, 200- 299, 400-499, 600-699, 800-899, 1000-1099, 1200-1299, 1400-1499, and 1600-1699.



The SMARTfit™ ProTrainer is a system comprised of 2 to 6 panels joined together and each incorporating 9 targets. It operates in several modes: Training Station mode where every panel can also be a Training Station (where the stations operate in competitive mode), and in Performance Trainer mode where all the joined panels operate as a single integrated target wall incorporating all of the targets. There are games for a single player/team and games for 2 competing players/teams where the scores of each team are tracked on the outside panels but game play involves alternating play similar to the way racquetball, squash, and handball are played. All games in this manual can be played on the SMARTfit™ ProTrainer. Specific sports performance training games can be found in games 1800-1899 which are planned for release in late 2015.



Each drill has a specific purpose and numerous skill benefits. We suggest each drill be repeated three times:

- First, to **LEARN** the drill and get used to working together as a team.
- Second, to **PRACTICE** to improve both individually and as a team.
- Third, to **CHALLENGE** participants to achieve their best score, and to compare their scores with previous best scores or competitors.

Number of participants:

Drills are designed to engage up to ten participants per station. Smaller groups may be advisable to make drills faster and more challenging for those with greater ability levels. Some of the drill variations may also be used to accomplish the same.

For larger groups, we suggest fast moving relays involving running or ball throwing and catching round-the-world style. For slower moving drills such as those that require a player to spend up to twenty seconds at the station, we recommend that players toward the back of the line be involved in a simple physical activity to keep them active while still rooting for their team. Examples include running in place, jumping in place, jumping jacks, push-ups, skipping, and sit-ups.

Assessment

Please refer to our SMARTfit™ fitness Assessment manual for tracking progress. It includes drills and assessment tracking sheets for each demographic group. Tracking scores over 4 weeks will supply the data to plot participants' progress over time.

<http://smartfitinc.com/resources/smartfit-programming-manuals/>

This is an excellent tool to show participants that they *are* improving. More specific on-line performance tracking will become available when our on-line assessment tracking upgrade is released.

Using the scores from specific games for specific skills, instructors will be able to evaluate the progress of skill attainment within a group. For example, instructors could use activities in any one of the Games 210-219 games at 4 minutes to record a beginning level of cardio fitness of an individual or team by having them sprint from a start line 20-30 feet from the system, to the system and back. After a month, the same individual or teams can record a second score in the same game at 4 minutes to determine how much progress has been achieved and this can be plotted on a graph.

For throwing and accuracy skills, games 1-11, 210-231 games could be played for 45 seconds, recording an initial score. After a period of time, the players would record a new score in the same game to determine how much their accuracy has improved. Be creative! People love to see their scores “up in lights” and will *want* to participate especially if the progress is plotted on a graph.

For cognitive training games 232-233, as well as the 600 and 800 Games suites are the best. You can add as much or as little cardio to these games as you like by altering how the games are played. Players can stand close to the system and play with just their hands, or they can do some running, hopping, jumping activity while playing. Another great way to increase the challenge is to have them stand on a Bosu or hold padded weights while they play the targets.

If competition is the goal, SMARTfit™ games encourage people to compete with themselves, other groups, and even other clubs. An effective idea to incentivize play is to post weekly high scores on Facebook or other social media, along with video clips of play. The players will get an excellent workout while having fun, and posting scores promotes retention of their skills. There is no limit to how your system can be used!

Setting Your SMARTfit™ Trainer/ProTrainer System Game Times and Playing Distances for a Specific Concept or Skill Emphasis

Cardio Respiratory

Longer time periods of play: 60 seconds to 240 seconds depending on the size of the group

Move start line farther back: 10' or more up to 30.'

Have team relays for longer periods of time: 120 seconds to 240 seconds

Have players in line to perform exercises while waiting for their turn

Speed/Agility

Shorter time periods of play: 60 seconds or less

Include changes in speeds and directions when travelling to the stations: fast to slow and forward to backward, lateral to the right one direction and to the left the other

Use bean bags and have players sprint up to retrieve the beanbag and sprint back to start line

Move start line closer to station for quick returns and reaction times for ball games

Establish multiple start lines; “suicide” drills

Use speed ladders or poly spots in pathway to the stations

Skill/Accuracy

Chase games using one triangle of active targets: intermediate

Chase games using one active target: advanced

All activities in Games: Knock the Lights Out

Ball games with or without a bounce on the return

Activities that deduct points for misses or hits below the line

All games in the 1800 game series

Activities that activate only the top or bottom lines (useful for sports training)

Core Strength

Replace playground balls with a 2 lb. medicine ball

Have players stand on BOSU ball or balance board to throw

Have players perform sit-ups while tossing medicine ball to targets

Cognitive

Chase the Target Challenge Games

Counting Games

Word Games

Math Games

Pairing Games

Simon Says Games

Lights Out Games - Color Chase, Number Chase, etc.

How to Organize Your Group for a Class on SMARTfit™ System

The workouts in this manual are designed for both individual and group trainers. For group training, it is essential to plan and organize the group quickly in order to get players into action as soon as the lesson starts.

SMARTfit™ Multi-Station can be used in a fitness class for up to 8 players per station. It is preferable to match groups of similar ages in the same class while maintaining a mix of skill levels on each team. Choose a team for each station available on the SMARTfit™ Multi-Station. To organize teams, get the whole group to stand in a line ranging in height from shortest to the tallest. Then count off the players, depending on the number of stations. If 4 stations, count off from the front to back: 1, 2, 3, 4, 1, 2, 3, 4, and so on. Then send all the 1's to stand at the 20' marker of station 1, 2's to

station 2, and so on. With this method, trainers typically end up with fairly diverse skill levels on each team.

Additional Tips

The equipment list for each drill is per station. You can substitute as desired, using equipment on hand to complement the ball kit shipped with each SMARTfit™ Trainer system.

When more than one line is called for, position the lines with adequate distance between each line so players do NOT run into each other.

We strongly recommend reading the operating instructions in Chapter 2 of this manual to familiarize yourself with the system before you begin. We have provided both individual lesson plans to create your own workouts, and complete workout programs that include lesson plans grouped for specific outcomes. All activities can be adapted for any age and any skill level.

SMARTfit™ Conditioning for the Mind and Body: How It Works

SMARTfit™ Training is a functional training and fitness program appropriate for all ages and fitness levels. The brain and body connection is the key element that differentiates a functional training program from a general conditioning program, and SMARTfit™ programs are specifically designed to stimulate the body and the brain concurrently. This is accomplished by:

- Attracting participation and engaging sustained focus with short attention-grabbing computer games, played sequentially in the pursuit of score and mastery of skills
- Providing full body exercise by stimulating the hands, feet, eyes, ears and vestibular system in playing real games with real tactile equipment (NOT simulated)
- Requiring high levels of attention and focus for success (staying consciously in-the-now)
- Engaging in cognitive decision-making under pressure
- Delivering a cardiovascular workout in a game format

SMARTfit's programming improves functional abilities (flexibility, balance, power, strength) while concurrently developing high levels of neuromuscular efficiency. This process of engaging the hands, feet, ears, and eyes develops visual-perceptual motor skills. The added element of integration of the right and left brain hemispheres has been well-documented to enhance brain plasticity as well as whole brain thinking, cognition, attention and focus for learning.

Chapter 2

Getting to Know Your SMARTfit™ Multi-Station and ProTrainer

Groups who want teamwork and fun with as much movement and participation as possible will appreciate and enjoy the SMARTfit™ Multi-Station. Up to 8 people can play at each station with minimum wait time. Each player will be “in action” for the majority of playing time. All targets can display colors, numbers, letters, symbols, shapes and more. This is essential in games that are designed to require players to seek out individual images in order to increase cognitive demand during the game as well as to force decisions under pressure. SMARTfit™ Trainer also includes optional Voice Instruction, which announces each game while scrolling through the options.

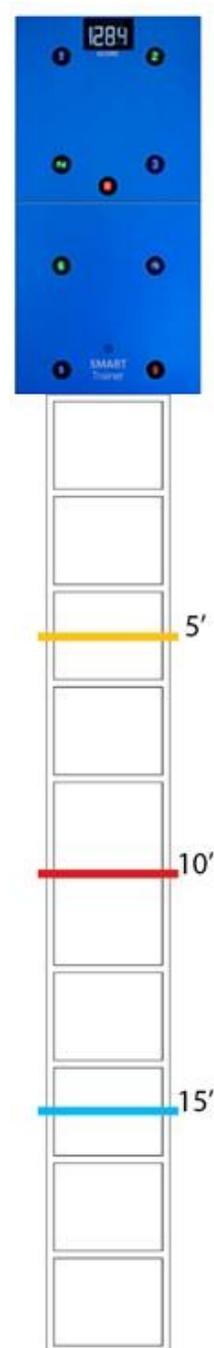
- The middle display board will show the time set for each game and will then default to the time chosen, counting down seconds as the game is played.
- The first station on the left (facing the system) is station 1.
- Each SMARTfit™ station will keep track of its own individual score.

Recommended Floor Markings:

See video instruction

<http://smartfitinc.com/recommended-floor-markings/>

Use of the space in front of your SMARTfit™ panels can add options to your program. Many of our lesson plans include the use of speed/agility ladders, poly spots, cones, and pre-taped lines set at specific distances in front of the SMARTfit™ system. We recommend taping, painting or incorporating into the existing floor the following: Ladder a minimum of 16' long and 2' wide, divided into 2' squares. Center each ladder at the base of each Station. Place start lines at 5,' 10,' 15' and 20.'



Chapter 3

System Settings on Your SMARTfit™ System

Setting Your SMARTfit™ Multi-Station/ProTrainer to Perform as Desired

<http://smartfitinc.com/customer-resources/getting-started-and-settings/>

Power On/Off:

The on/off switch is located on the Time-Display Box near the power connect cord. When powering on, the system will take 3 seconds to check that all components are working properly. Please DO NOT TOUCH it during this check or your system will display an error message. If this occurs, simply turn the system off, wait for 3 seconds, then restart.

Remote Control

The remote control is your tool to select game, level, time, volume, and system settings. By pressing the indicated button you can sequentially scroll through the available choices. Your SMARTfit™ system can be programmed for a variety of functions. The option descriptions are as follows:



Game button: View in video format at:

<http://smartfitinc.com/customer-resources/getting-started-and-settings/>

- When the Game button is pressed, it will interrupt the system from attract mode, or it will interrupt a game that is currently being played, and take the system into set-up mode. Pressing **Game** again will increase the game number to the next one.
- When the **Game** button is pressed, all stations in the system will turn on the targets to allow for game selection. This will hold for 2 seconds. If there is no input given it will set up the game ready for play. Press the **Game** button once after this two seconds and the system will go first to the setting mode, while another press will move the system on to the next game.
- Top Left Target (Target 1) is a toggle to turn the auto-reset feature of the system on and off. When the toggle is on it will display a green "1" and games will automatically restart after the end of a game. When off it will display a red "0." This will require the trainer to reset each game using the remote control.
- Center Target (Target 3) is lit with the "#" symbol to indicate game number. A hit to this target will count the games up by 100's. The system will remember the last game number played in that suite and change only by the hundreds. For instance, if one is game 112, and the center target is hit, it will change to the game last played in suite 400, 500, 600... back to 000. Upon return to the suite of 100's it will again go to 112.



- Lower Left target is lit with a minus (“-”) symbol. Hits to this target will decrease the game number by 1, including decreasing over game suites. If you are at game 200, pressing this button will take you to the highest game in the 100 suite.
- Lower Right target is lit with a plus (“+”) symbol. Hits to this target will increase the game number by 1.

Level button:

- When the Level button is pressed during the play of a game nothing will happen and the game will continue to play.
- When the game is set and ready to begin, a press to the Level button will change the level only when applicable.
- Level Button is used to adjust levels in the Chase the Target games to adjust the timing of the color change in the targets. Each press of the level button will increase the level by one.
- Lower Left and Right targets will light up with + and – arrows to adjust the levels up and down.



Time button:

- When the Time button is pressed during the play of a game nothing will happen and the game will continue to play.
- When the game is set and ready to begin, a press to the Time button will increase the time to the next time interval.
- When the Time button is pressed after a game has been selected the time will be shifted to the next segment of time. Also each station will light up with inputs ready as follows:
 - Lower Left target will be lit with a minus symbol or a down arrow. Hits to this target will decrease time to the next lower choice.
 - Lower Right target will be lit with a plus symbol or an up arrow. Hits to this target will increase time to the next higher choice.



Volume button:

- When the Volume button is pressed during the play of a game, the volume on the station speakers will change, increasing by one setting for every push.
- When the Volume button is pressed during the set-up of games, the station will light up for 3 seconds with the commands described below, and will look for a response from the targets to determine if any settings are to be adjusted:
- Top Left Target – will be lit as a green “1” to indicate that the voice instruction is on, or a red “0” to indicate that it is off. Hits to this target will toggle voice instruction on and off.
- Top Right Target will be lit as a green “1” ” to indicate that the Attract Mode is on, or a red “0” to indicate that the Attract Mode is off. Hits to this target will toggle Attract Mode on and off.
- Center Target will be lit with a sound symbol. Hits to this target will automatically set all system speakers to mute.



- Middle Left Target will be lit with a minus symbol or a down arrow. Hits to this target will decrease the volume on the *system speakers* by one level.
- Middle Right Target will be lit with a plus symbol or an up arrow. Hits to this target will increase the volume on the *system speakers* by one level.
- Lower Left Target will be lit with a minus symbol or a down arrow. Hits to this target will decrease the volume on the *station speakers* by one level.
- Lower Right Target will be lit with a plus symbol or an up arrow. Hits to this target will increase the volume on all of the *station speakers* by one level.

Adjusting Sensitivity of the Panel to Match the Power of the Player

The sensitivity of the sensors in your SMARTfit™ Multi-Station/Pro Trainer will determine whether your strike will be registered in the game and will need to be adjusted for different uses.

Training with a medicine ball will require less sensitivity than using hands or a noodle. The same applies to different populations i.e. training an adult will require less sensitivity than training a senior or a toddler. If you find that the sensitivity needs to be adjusted for your desired use, refer to directions below:

1. Press the Game (Red) button to put the systems into set-up mode.
2. Press the Level (Yellow) button to access the sensitivity adjustment mode.
3. The “-” and “+” symbols will appear on the bottom two targets. (The top two targets are for adjusting levels in some of the games)
4. The range is 1-5 and the recommended default setting is 3. Medicine balls and weights should be 1 or 2, playground balls 3, and hands and noodles should be 4 or 5 depending on how hard the person hits.
5. The “+” sign will adjust your sensitivity for higher impact games and the “-” sign will adjust your sensitivity for lower impact/touch games.
6. Choose your desired sensitivity level by tapping the “+” or “-” until it is reached.
7. After a 2 second pause the system will save the setting and the game will start.

Use the list below for as a guide on where to select the best sensitivity: For **low impact**: a noodle, or a light touch start with “5”.

For **medium impact**: a playground balls or firm touch, start with “3”. For **high impact**: a medicine ball, or air-filled sports balls start with “1”.

For **Advanced Training** where greater precision is required, decrease the sensitivity level to 1.



Chapter 4

Recommended Equipment for SMARTfit™ System

Your SMARTfit™ system is tough, durable and designed to take a beating. However, because it is a computer, the following equipment list will be helpful in preserving its longevity. Following is the recommended equipment list:

- Air-filled regulation athletic balls (tennis, basketball, football, volleyball, soccer, etc.)
- Rubber practice baseballs, softballs, lacrosse, cricket or T-Balls (need to bounce).
- PassBack Footballs
- Playground balls of all diameters
- Beanbags or dead balls for single directional play
- Swim Noodles or foam bats for striking the targets
- 2 lb. or 1 kilo medicine ball (maximum weight)
- BOSU balls or other balance devices for standing, sitting or lying
- Implements for striking the balls (hockey sticks, paddles, padded bats, rackets, etc.)
- Cones to provide barriers or direction
- Single handled hand weights
- Padded 2, 5, or ten-pound hand weights (protect the panel from developing strike marks)



The following equipment is supplied with your system when it is purchased. See spec sheets for quantity details.

- 7" yellow playground balls
- 2 lb. medicine ball
- Beanbag set
- Foam noodles



What Equipment **NOT** to use on your SMARTfit™ System

- Regulation baseball. It will NOT return properly because there is no bounce. Over time it will damage the electronic connectors.
- Regulation lacrosse balls. Over time they may scuff the stations and damage the electronics.
- Regulation cricket balls.
- 3 pounds and greater medicine balls for throwing at the system. (Okay to use a heavier medicine ball to *touch* the targets while holding the medicine ball with hands).
- Any hard solid plastic implement such as a stick or bat for hitting targets.

Chapter 5

Group Training Drills on Your SMARTfit™ System

Group Training Format

Group classes run 20 to 50 minutes in length depending on the number of repetitions applied to each exercise. Each station can accommodate up to 8 participants of all ages and skill levels.

Suggested Group Fitness Class Formats

Warm-up: The Warm-Up should run for 5 minutes within a 50-minute program. The main objective of the warm-up is to loosen the muscles and prepare the participants for some fast-paced movement. A good warm-up will prepare individuals for instruction, reduce the chance of injury, and set a *fun* mood for SMARTfit™ Training.

Skill: The Skill Development section should run for about 10 minutes within a 50-minute program. The main focus here is the connection between the brain and body. Categories include speed, agility, balance, hand-eye coordination, and reaction time. Skill development transfers into the successful completion of life's every day activities.

Cardio: The Cardio Respiratory Endurance section should run for about 15 minutes within a 50-minute program. The main focus is cardio endurance, stamina, and calorie expenditure.

Core: The Core section should run for about 5 minutes within a 50-minute program. The main focus is on strengthening the torso with sit-ups, overhead passes, etc.

Speed and Agility: The Speed and Agility section should run for about 10 minutes within a 50-minute program. The main focus is hand-eye speed and navigating agility using ladders or dots with hopping, side steps, and bending.

Cool-Down: The cool-down should last 5 to 10 minutes within a 50-minute program. This allows the participants to bring their heartbeat nearer to resting level. For this section use brain games such as Pairing, Math, or Word games which involve more thinking and less movement.

Modes of Play

There are five ways to run drills on the SMARTfit™ system:

Individual: First player plays the entire game to time completion. Next player in line begins a new game with a new time.

Partners: Two players are partners and play the game together, to time completion. Next pair of players steps up to start new game with a new time.

Team: First player plays a turn, retrieves ball, returns to the start line and hands/passes the ball to the next player in line.

Around-the-World: First player takes a turn and peels off to the end of the line. The next player in line plays off of the first player's throw and peels off to the end of the line.

Snake: Entire class stands in front of station 1 on the left at a starting line distance of 12', 20', or 30' from the system. Each player runs in turn to station 1, performs a task and runs back to the starting line in front of the center station, turning towards the system in front of station 2 on the right. Each player then runs in turn to station 2, performs a task, and peels off to the right, returning to the starting line in front of station 1 and repeating the task at station 1.



Chapter 6

Lesson Plan Components

The following template will help you to design your own SMART fit Training Program. Take the empty Training template and fill in the blanks with activities from different games and exercises. Choose your equipment and time based upon what the objective will be for that training period. The possibilities are endless! Refer to the rest of this manual for examples of how to design lesson plans for your system.

TEMPLATE — DESIGN YOUR OWN CLASS

WARM-UP:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

BRAIN:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

SKILL:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

CORE:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

COOL-DOWN:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

Chapter 7

Chart Displaying Activated Games

#	RALLYWALL "Zones"
1	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
2	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
3	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
4	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
5	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
6	Rallywall Zones – Top row – 5 points for each hit to the lit targets
7	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
8	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
9	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
10	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
11	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region
#	RALLYWALL "Zones" – SMARTfit ProTrainer only (Multi-panel games)
101	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
102	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
103	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
104	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
105	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
106	Rallywall Zones – Top row – 5 points for each hit to the lit targets
107	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
108	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
109	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
110	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
111	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region
CHASE THE TARGET - Multi-Station systems	
	Note Games 201 – 207 are for Multi-Station systems and operate as a single game with 1 score. Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
201	Chase the Station – (all targets) chase the lit area across each station
202	Chase the Station – (upper 3 rows) chase the lit area across each station
203	Chase the Station – (lower 4 rows) chase the lit area across each station
204	Chase the Station – (top row) chase the lit area across each station
205	Chase the Station – (bottom row) chase the lit area across each station
206	Chase the Station – (lower 2 rows) chase the lit area across each station
207	Chase the Station – (center target only) chase the lit area across each station
CHASE THE TARGET	
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
216	Chase the Single Target – (middle 3 rows) chase the lit target
217	Chase the Single Target – (middle 3 rows) chase the lit target as it goes from A to Z
218	Chase the Single Target – (middle 3 rows) chase the lit target as it counts from 0 to 19
219	Chase the Single Target – (all targets) chase the lit target

220	Chase the Single Target – (top row) chase the lit target
221	Chase the Single Target – (bottom row) chase the lit target
222	Chase the Single Target – (lower 2 rows) chase the lit target
223	Chase the Single Target – (lower 4 rows) chase the lit target
224	Chase the Single Target – (upper 3 rows) chase the lit target
225	Chase the Single Number – (all targets) chase the lit target as it counts from 0 to 19
226	Chase the Single Number – (lower 4 rows) chase the lit target as it counts from 0 to 19
227	Chase the Single Number, by 2 – (all rows) chase the lit target as it counts by 2's
228	Chase the Single Number, by 3 – (all rows) chase the lit target as it counts by 3's
229	Chase the Single Letter – (all rows) chase the lit target as it goes from A to Z
230	Chase the Single Letter – (lower 4 rows) chase the lit target as it goes from A to Z
231	Chase the Single Letter – (upper 3 rows) chase the lit target as it goes from A to Z
232	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L will be on right side and R will be on Left side so player is to cross arms to play.
233	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L, R and B will light up randomly around the wall.
CHASE THE TARGET – SMARTfit™ ProTrainer only (Multi-panel Games)	
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
301	Chase the Panel – (all targets) chase the lit area across each panel.
302	Chase the Panel – (upper 3 rows) chase the lit area across each panel.
303	Chase the Panel – (lower 4 rows) chase the lit area across each panel.
304	Chase the Panel – (top row) chase the lit area across each panel.
305	Chase the Panel – (bottom row) chase the lit area across each panel.
306	Chase the Panel – (lower 2 rows) chase the lit area across each panel.
307	Chase the Panel – (center target only) chase the lit area across each panel.
LIGHTS OUT	
600	Lights Out – Race - (all targets) – Knock out all lights, 1 st player to complete ends game.
601	Lights Out – Race - (lower 4 rows) – Knock out all the lights, 1 st player to complete ends game
602	Lights Out – Race - (all targets) – Knock out all the lights, game ends when all stations are done.
603	Lights Out – Race - (lower 4 rows) – Knock out all the lights, game ends when all stations are done.
604	Lights Out – Race - (upper 3 rows) – Knock out all the lights, game ends when all stations are done.
605	Lights Out Keep 3 On – Timed Game (all targets) – Knock out all the lights and then continue to chase 3 targets.
606	Lights Out Keep 3 On – Timed Game (lower 4 rows) – Knock out the targets then continue to chase 3 targets.
607	Lights Out Keep 3 On – Timed Game (upper 3 rows) – Knock out the targets then continue to chase 3 targets.
608	Track the Number - Race – (all targets) – Track the correct number 0 to 19 and back to 0
609	Track the Number - Race – (lower 4 row) – Track the correct number 0 to 19 and back to 0
610	Track the Number - Race – (all targets) – Track the correct number 19 to 0
611	Track the Number – Timed Game (lower 4 rows) – Track the correct number 0 to 19 and back to 0.
612	Track the Number – Timed Game (all targets) – Track the correct number 0 to 19 and back to 0.
613	Track the Number, X 2 – Timed Game (all targets) – Track the correct number counting by 2's.
614	Track the Number, X 3 – Timed Game (all targets) – Track the correct number counting by 3's.
618	Track the Letter – Timed Game (all targets) – Track the alphabet, A to Z and back.
619	Track the Letter – Timed Game (lower 4 rows) – Track the alphabet, A to Z and back.
620	Track the Letter - Timed Game (middle 3 rows) - Track the alphabet, A to Z and back.
621	Track the Color – Timed Game (all targets) – Track the color on center target at start.

622	Track the Color – Timed Game (lower 4 rows) – Track the color on center target at start.
623	Track the Color – Timed Game (middle 3 rows) – Track the color on center target at start.
624	Track the Smiley Face – Timed Game (all targets) – Track the smiley face until time runs out.
625	Track the Smiley Face – Timed Game (lower 4 rows) – Track the smiley face until time runs out.
626	Track the Smiley Face – Timed Game (middle 3 rows) – Track the smiley face until time runs out.
LIGHTS OUT - SMARTfit™ ProTrainer only (Multi-panel Games)	
700	Lights Out – Race - (all targets) – Knock out all lights on system in the shortest amount of time.
701	Lights Out – Race – (lower 4 rows) – Knock out all the lights on the system in the shortest amount of time.
702	Lights Out – Race – (upper 3 rows) – Knock out all the lights on the system in the shortest amount of time.
703	Lights Out – Race – (lower 2 rows) – Knock out all the lights on the system in the shortest amount of time.
PAIRING, MEMORY AND SEQUENCING – Find the pairs or sequence	
800	Pairing - Color (timed game) Find color pairs in the time set. System refresh each time.
802	Pairing - Numbers (timed) - Find number pairs in the time set. System refresh each time
805	Pairing - ABC (timed) - Find Alpha pairs in the time set. System refresh each time
808	Pairing - Shapes (timed) - Find shape pairs in the time set. System refresh each time
810	Pairing - Dice (timed) – Find dice pairs in the time set. System refresh each time
812	Pairing - Symbols (timed) - Find symbol pairs in the time set. System refresh each time
814	Pairing – Pictures (timed) - Find picture pairs in the time set. System refresh each time

CHAPTER 8

Kindergarten Fitness

Recommended Sensitivity: 5

WARM UP: - Hands & Feet - Game 1 - 8' Line - Team - 60 Seconds

- . Organize children in groups in front of each station
- . Briefly mention “exercise” and what it means to move and to be healthy
- . Demonstrate how the lights flash and points score when kids hit the panel with hands or feet or noodle
- . Have the first child move up to station and teacher assists in hitting the panel with hands and feet to make sounds and to score points
- . Guide child back to start-line and repeat with next child
- . Focus children on taking turns and working with the others on their team

SKILL: - Beanbags - Game 1 - 8' Line or Less - Single - 60 Seconds

- . Divide children into groups in front of each station with one beanbag for each team
- . Demonstrate how to overhand throw beanbag to the station
- . First player overhand throws the beanbag to the station for points
- . Instructor should assist children in making a successful throw
- . Children run up and retrieve beanbag and hand it off to the next in line
- . Focus on taking turns and overhand throwing form (opposite foot to station)

SKILL: - Beanbags - Game 2 - 8' Line or Less - Partner - 60 Seconds

- . Divide children into partners in front of each station with one beanbag for each team
- . Demonstrate how to overhand throw beanbag to the station
- . Explain how with this game the child has to throw to the lit targets to earn points.
- . First player overhand throws to targets above the line for points
- . Partner retrieves beanbag and comes back to line
- . Partner throws to targets for points
- . First player retrieves beanbag and returns to start line to throw the beanbag
- . Focus on taking turns and overhand throwing form (opposite foot to station)
- . When time expires, next team of partners is up to line for their turn

CARDIO: - Noodles - Game 217/218 - 8" Line - Team - 60 Seconds

- . Divide children into equal groups in front of each station with one noodle for each team
- . First child runs up to station and knocks out the first target and calls out its number or letter with noodle for points
- . Child runs back to line, holding noodle straight up and down to avoid poking their friends, and hands noodle to next player in line then joins the back of the line
- . Next player runs up to station and hits the next letter or numbered target for points.
- . Focus on taking turns, calling numbers or letters and striking skills.

CHAPTER 9

1st — 3rd Grade Classes

WORKOUT 1

Recommended Sensitivity: 3

WARM-UP: - Hands - Game: 1 - 12' Line - Team Relay - 120 Seconds

- . Players line up in equal, diverse groups in front of each station
- . First player runs up to station and hits anywhere with hands for 5 points
- . Player runs back and touches next player's hand
- . Next player runs up and hits station with hand
- . Continue until time expires

SKILL: - Playground Ball - Game 217 - 8' Line - Team - 30 Seconds

- . Player 1 starts at line with ball held at chest level
- . Second player in line acts as line judge and helps to retrieve missed plays
- . Player with ball chest-passes to hit lighted targets
- . Player catches the rebound and repeats until time expires
- . Next player is up in line

CARDIO: - Beanbags - Game 3 - 12' Line - Team Relay - 120 Seconds

- . Players line up in equal, diverse groups in front on stations
- . First player throws beanbag at SMARTfit Station
- . Player sprints up to station, retrieves beanbag and sprints back to start-line
- . Player hands beanbag to the next in line and goes to back of line
- . Play continues until time expires

COOL-DOWN: - Noodle - Game 626- Individual / Team - 240 Seconds

- . Player stands with noodle in front of station
- . Player strikes the lighted target to catch Smiley
- . Player continues until teacher calls "change"
- . Player hands noodle to the next in line until time expires

1st — 3rd Grade Classes

WORKOUT 2

Recommended Sensitivity: 4

Warm-Up: - Playground Ball - Game 2 - 12' Line - Team - 120 Seconds

- . Divide the players into equal, diverse groups
- . First player overhand throws ball to the station to the lit area
- . Player catches the rebound and hands the ball to next player in line
- . Play continues until time expires

SKILL: - Playground Ball - Game 217 Level 4 - 8' Line - Partners - 30 Seconds

- . Player 1 chest-passes ball to lighted target
- . Partner catches rebound and returns ball with chest pass to next lighted target
- . Play continues until time expires and then next group is up

CARDIO: - Noodle - Game 606 - 20' Line - Team Relay - 120 Seconds

- . Place a noodle at the base of each SMARTfit Station
- . Player 1 sprints up to station, picks up noodle, and strikes a lighted target
- . Player places noodle back at the base of the Station and sprints back to start-line
- . Next player begins after tagging the first player's hand
- . Play continues until time expires

COOL-DOWN: - Hands - Game 623 - Individual / Team - 240 Seconds

- . Player 1 steps up to station and strikes the first target indicating color to chase
- . Player hits the correct color after the system displays all targets with different colors
- . Player returns by walking to tag the next player
- . Next player steps up to station and strikes the correct color twice
- . Player continues until time runs out

1st — 3rd Grade Classes

WORKOUT 3

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 1 - 12' Line - Team Relay - 120 Seconds

- . Player 1 runs up to station and touches any target
- . Player then runs backward to the start-line
- . When player reaches line, next player begins
- . Team should help players navigate the run backwards to the line
- . Continue until time expires

SKILL: - Hands - Game 232 - Individual - 30 Seconds

- . Player stands in front of SMARTfit Station with feet shoulder width apart
- . Use left hand to hit targets that appear on right side of station
- . Use right hand to hit targets that appear on left side of station
- . Use both hands to hit target appearing in middle of station
- . Continue until time expires then next player begins
- . If player cannot reach top targets, noodles can be used

CARDIO: - Beanbags - Game 609 - 12' Line - Team Relay- 120 Seconds

- . First player throws beanbag at a lighted target
- . Player sprints up to station and retrieves beanbag
- . Player hands beanbag to next player in line
- . Next player in line throws beanbag at lighted target
- . Player sprints up to station and retrieves beanbag
- . Play continues until time expires

COOL-DOWN: - Beanbags - Game 600 - 12' Line - Individual- - 30 Seconds

- . Player starts with seven beanbags at 12' line
- . Player picks up first beanbag and throws at a lighted target
- . Player continues with other beanbags until all seven are thrown
- . Player walks up to station and retrieves beanbags
- . If player has not knocked out every target with beanbags, player will hit the remaining lit targets with hand so game will end
- . Player places beanbags at start-line for next player to begin

1st — 3rd Grade Classes

WORKOUT 4

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 4 - 12' Line - Team Relay - 60 Seconds

- . Players line up in equal, diverse groups in front of the stations
- . First player runs or walks up to the station and strikes any target with hand or with a noodle
- . Player returns to the start-line and touches the next player's hand
- . Challenge the players to be creative and to use any kind of movement up to the station (i.e. skipping, hopping etc.)
- . Players concentrate on staying in a line and not leaving the start until hands are touched

SKILL: - Beanbag - Game 218 - 5' Line - Individual - 120 Seconds

- . Player 1 steps up to the line, chooses a target that is lit and shouts out the number that is on that target
- . Player then throws the beanbag at the chosen target
- . Player again shouts out the number after they have knocked the chosen target
- . Player runs or walks up to station and retrieves the beanbag
- . Player hands the beanbag to the next in line who repeat the above sequence
- . Listen and encourage players when they choose a target, hit the correct one with the beanbag, and name it once more

CARDIO: - Noodles - Game 226 - 12' Line - Group - 120 Seconds

- . Instructor places a noodle at the base of each station
- . Players run up to station, hit the lighted target and shout out the color/number on that target
- . Player places noodle at base of station and runs back to start
- . Player 2 goes, and so on

COOL-DOWN: - Noodles - Game 623 - Individual - 60 Seconds

- . Player steps up to station and strikes the first target and calls out its color.
- . Then strikes the same color after it refreshes and returns the noodle to the next in line
- . Continue team play until time runs out; this is a Cool-Down!

1st — 3rd Grade Classes

WORKOUT 5

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 228 - 12' Line - Team Relay - 60 Seconds

- . Players line up in equal, diverse groups in front of each SMART Training Station
- . First player runs up to station and strikes two targets, one with each hand
- . While striking the targets player shouts out the numbers in an addition equation, along with the correct answer to the equation; for example, player strikes target 7 and target 2 and shouts "Seven plus two equals nine."
- . Player returns to start-line and touches next player's hand
- . Next player repeats the exercise and game continues until time expires

SKILL: - Beanbag - Game 612 - 8' Line - Individual / Team - 30 Seconds

- . First player stands at start-line with beanbag in hand
- . Player throws beanbag at the corresponding number on the station
- . Player retrieves beanbag and hands it to next player in line
- . Instructor hits the red button on the remote to restart the 30 seconds and then begins with the next player in line
- . Instructor can be creative and ask the students to use equations that are challenging to the age group. If students are young, the instructor may only shout out a number to hit. If students are older, consider using a combination of addition and division or subtraction in each equation.

CARDIO: - 2 Beanbags - Game 622 - 20' Line - Partners - 60 Seconds

- . Partners stand at 20' line with Player 1 holding both beanbags
- . Player 1 quickly throws each beanbag at Smiley
- . Player 2 runs up to retrieve beanbags, sprints back to start and hands beanbags to partner
- . Game continues until time expires
- . Player 2 is up

COOL-DOWN: - Noodles - Game 220 - Level 3 - 12' Line - Team Relay - 45 Seconds

- . First player in line holds noodle in hand
- . Player walks up to station and hits the lighted target
- . Player hits seven targets total, counting out loud, then returns to start-line
- . Next player in line takes noodles and walks up to station
- . Player hits lighted target seven times
- . Players in line can stretch while waiting their turn

CHAPTER 10

3rd — 6th Grade Classes

WORKOUT 1

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 1 - 12' Line - Team - 120 Seconds

- . Player 1 runs up to station and touches any target
- . Player then runs backward to the start-line
- . When player reaches line, next player begins
- . Team should help players navigate the run backwards to the line
- . Continue until time expires

SKILL: - 10 Beanbags - Game 223 - Level 2 - 12' Line - Individual - 20 Seconds

- . Player starts with 5 beanbags gathered at the start-line
- . Player picks up a beanbag and throws to the lit target
- . Player continues with remaining beanbags until time expires
- . Try to be accurate and score the most points
- . Player gathers all beanbags and returns them to start-line
- . Next player begins

CARDIO: - Playground Ball - Game 1 - 12' Line - Team - 120 Seconds

- . First player throws ball underhand to any target on station
- . Player catches the rebound and hands off to the next player in line
- . Players continue throwing and catching until time expires

COOL-DOWN: - Noodle - Game 619 - Individual/Team - 240 Seconds

- . Player stands with noodle in front of station
- . Player strikes the lighted target to start the alphabet and calls out A
- . Player strikes the next letter B and returns noodle to the next player in line
- . The rest of the team helps the player to remember what letter is next and where to find it.
- . Continue until time expires

3rd — 6th Grade Classes

WORKOUT 2

Recommended Sensitivity: 5

WARM-UP: - 2 Noodles - Game 232 - Level 1 - Individual - 30 Seconds

- . Stand in front of station with a noodle in each hand
- . Reach to selected target and put target out with noodle
- . Right hand noodle to left-side targets
- . Left hand noodle to right-side targets
- . Use both noodles to put out center target
- . Players waiting their turn can stretch individually

SKILL: - Playground Ball - Game 606 - 12' Line - Team Relay - 60 Sec.

- . Player 1 stands at 12' line with ball in hand
- . Player one-hand throws to a lit target
- . Player catches rebound and hands ball to the next in line
- . Next player one-hand throws to a lighted target
- . Play continues until time expires
- . Concentrate on accuracy and keeping the ball in play

CARDIO: - Beanbag - Game 2 - 20' Line - Team Relay - 60Seconds

- . Players line up in equal, diverse groups in front of Stations
- . First player throws beanbag at the lit target area
- . Player sprints up to station, retrieves beanbag and sprints back to start-line
- . Player hands beanbag to the next in line and goes to back of line
- . Play continues until time expires

CORE STRENGTH: - Playground Ball - Game 1 - 12' Line – Partners - 30 Seconds

- . Both players stand at 12' line, one with the medicine ball in hand
- . Player 1 “side tosses” the ball to the station from their outer side
- . Second player catches the ball and stands on the 10' line
- . Second player “side tosses” the ball to the station from their outer side
- . Make sure both players are using abdominals to toss the ball

COOL-DOWN: - Noodle - Game 625 - Individual/Team - 240Seconds

- . Player stands with noodle in front of station
- . Player strikes the lighted target to start tracking smiley
- . Player strikes the next smiley and returns noodle to the next player in line
- . The rest of the team helps the player to identify the color of the next and where to find it.
- . Continue until time expires

3rd — 6th Grade Classes

WORKOUT 3

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 230 - 12' Line - Team Relay - 60 Seconds

- . First player runs up to station and hits the A with a hand
- . Player runs back to start-line and touches the next player's hand
- . Next player begins
- . Continue until time expires

SKILL: - Playground Ball - Game 607 - 10' Line - Team Relay - 60 Seconds

- . Player 1 stands at 12' line with ball in two hands
- . Player uses a two hand overhead pass to hit selected color
- . Player catches ball without a bounce
- . Player hands ball to the next in line
- . Next player uses a two hand overhead pass to hit selected color
- . Player catches the ball without a bounce and play continues

CARDIO: - Beanbag - Game 2 - 20' Line - Team Relay

- . Players line up in equal, diverse groups in front of the stations
- . First player throws beanbag at lit targets on the SMARTfit Station
- . Player sprints up to station, retrieves beanbag and sprints back to start-line
- . Player hands beanbag to the next in line and goes to back of line
- . Play continues until time expires

SPEED /AGILITY: - Cones - Game 1 - Team Relay - 120 Seconds

- . Place cones perpendicular to station, 5' apart up to the 20' line
- . First player sprints up to station, weaving in and out of cones
- . Player touches any target on the station for 5 points
- . Player sprints back to start-line by weaving in and out of cones
- . Player touches hand of next in line and next player weaves

COOL-DOWN: - Noodle - Game 800 - Individual/Team - 240 Seconds

- . Player stands with noodle in front of station
- . Player strikes any 2 unlit targets to turn them on and see their color
- . If they match, earn 100 points and tries again, if not, lose 1 point
- . Team remembers the colors and locations and returns noodle to the next player in line
- . The next player strikes 2 different targets seeking a match
- . if successful, try again, if not return noodle to next player
- . Continue until time expires

3rd — 6th Grade Classes

WORKOUT 4

WARM-UP: - Hands - Game 229 - 12' Line - Team Relay - 120 Sec - Recommended Sensitivity 5

- . First player runs up to station and hits the A with a hand and calls out the letter
- . Player runs backwards to start-line
- . Next player begins when first player crosses start-line
- . Continue until time expires

SKILL: - 5 Beanbags - Game 618 - 12' Line - Team Relay - 120 Sec - Recommended Sensitivity 5

- . Player 1 stands at start-line with 5 beanbags
- . Player throws first beanbag at a selected letter
- . Player continues to throw beanbags until all seven are thrown
- . Player sprints up to station and retrieves all beanbags
- . Player returns bags to start-line and next player begins
- . Concentrate on accuracy

CARDIO: - 2 lb. Medicine Ball - Game 3 - 10' Line - Team - 120 Sec - Recommended Sensitivity 2

- . First player throws medicine ball at any lit target
- . First player moves to back of line while next player catches rebound
- . Play continues until time expires
- . Concentrate on speed and keeping ball in play

CORE STRENGTH: - 2 lb. Medicine Ball - Game 1 - Partners - 45 Sec - Recommended Sensitivity 2

- . Both players start in a sit-up position, knees bent, in front of station
- . Player holding ball completes a sit-up, propelling the medicine ball to any spot on the station
- . Player retrieves rebound and hands the medicine ball to partner while sitting in a sit-up position, using abs to twist
- . Next player completes a sit-up, propelling the ball to any spot on the station
- . Play continues until time expires, then next pair is up to start-line

COOL-DOWN: - Noodle - Game 802 - Individual/Team - 240 Seconds

- . Player stands with noodle in front of station
- . Player strikes any 2 unlit targets to turn them on and see their numbers
- . If they match, earn 100 points and tries again, if not, lose 1 point
- . Team remembers thenumbers and locations and returns noodle to the next player in line
- . The next player strikes 2 different targets seeking a match
- . if successful, try again, if not return noodle to next player
- . Continue until time expires

CHAPTER 11

6th — 9th Grade Classes

WORKOUT 1

WARM-UP: - Playground Ball - Game 1 - 12' Line - Team Relay - 120 Sec - Sensitivity 5

- . First player throws ball at any target on station for 5 points
- . First player moves to back of line after throw
- . Next player in line catches the rebound
- . Player throws to any target on station and moves to back of line
- . Play continues until time expires

SKILL: - Basketball - Game 621 - 12' Line - 20' Line - Team Relay - 120 Sec - Recommended Sensitivity 5

- . Player dribbles five times, then chest-passes ball to chosen color
- . Player retrieves own rebound and hands ball to the next in line
- . Next player dribbles five times, then chest-passes ball to color
- . Concentrate on keeping eyes up while dribbling and passing

CARDIO: - Beanbags - Game 219 Level 4 - Team Relay - 240 Sec - Recommended Sensitivity 5

- . All players start at 12' line
- . First player throws beanbag to selected target
- . Player sprints up to retrieve beanbag and returns to 8' line
- . Player throws beanbag to selected target
- . Player sprints up to retrieve beanbag and returns to 5' line
- . Player throws beanbag to selected target
- . Player sprints up to retrieve beanbag and returns to start-line
- . Player hands beanbag to next player in line

SPEED/AGILITY: - Speed Ladder - Game 218 - Team Relay - 120 Sec - Recommended Sensitivity 5

- . Place the speed ladder at least 10' back from station
- . First player navigates the speed ladder up to the station as quickly as possible
- . Player hits any target on station and calls out the letter
- . Player navigates speed ladder back to start-line
- . Next player begins when hand is touched by first player

COOL-DOWN: - Noodle - Game 805 - Individual/Team - 240 Seconds

- . Player stands with noodle in front of station
- . Player strikes any 2 unlit targets to turn them on and see their letters
- . If they match, earn 100 points and tries again, if not, lose 1 point
- . Team remembers the letters and locations and returns noodle to the next player in line
- . The next player strikes 2 different targets seeking a match
- . if successful, try again, if not return noodle to next player. Continue until time expires.

6th — 9th Grade Classes

WORKOUT 2

Recommended Sensitivity: 5

WARM UP: - 2 Noodles/BOSU Ball - Game 231 level 1 - Individual - 30 Seconds

- . Stand on BOSU Ball in front of station with a noodle in each hand
- . Reach to selected target and put light out with noodle
- . Right hand noodle to left-side targets
- . Left hand noodle to right-side targets
- . Use both noodles to put out center target
- . Players waiting their turn can stretch individually

SKILL: - Playground Ball - Game 606 - 12' Line - Team Relay - 120 Seconds

- . Player 1 stands at 12' line with ball in hand
- . Player one-hand throws to a lighted target
- . Player catches rebound and hands ball to the next in line
- . Next player one-hand throws to a lighted target
- . Play continues until time expires
- . Concentrate on accuracy and keeping the ball in play

CARDIO: - Beanbag - Game 3 - 20' Line - Team Relay - 120 Seconds

- . Players line up in equal, diverse groups in front of Stations
- . First player throws beanbag at the lit area of the Station
- . Player sprints up to station, retrieves beanbag and sprints back to start-line
- . Player hands beanbag to the next in line and goes to back of line
- . Play continues until time expires

CORE STRENGTH: - Playground Ball - Game 1 - 10' Line - Partners - 30 Seconds

- . Both players stand at 10' line, one with the playground ball in hand
- . Player 1 "side tosses" the ball to the station from his outer side
- . Second player catches the ball and stands on the 10' line
- . Second player "side tosses" the ball to the station from his outer side
- . Make sure both players are using abdominals to toss the ball

COOL-DOWN: - Noodles - Game 621 - Individual - 60 Seconds

- . Player steps up to station and strikes the first target and calls out its color.
- . Then strikes the same color after it refreshes and returns the noodle to the next in line
- . Continue team play until time runs out; this is a Cool-Down!

6th — 9th Grade Classes

WORKOUT 3

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 625 - 20' Line - Team Relay - 120 Seconds

- . First player runs up to station and hits the smiley target with a hand
- . Player runs back to start-line and touches the next player's hand
- . Next player begins
- . Continue until time expires

SKILL: - Playground Ball - Game 219 level 3 - 10' Line - Team Relay - 60 Seconds

- . Player 1 stands at 12' line with ball in two hands
- . Player uses a two hand overhead pass to hit selected target
- . Player catches ball without a bounce
- . Player hands ball to the next in line
- . Next player uses a two-hand overhead pass to hit selected target
- . Player catches the ball without a bounce and play continues

CARDIO: - Beanbag - Game 3 - 20' Line - Team Relay - 120 Seconds

- . Players line up in equal, diverse groups in front on stations
- . First player throws beanbag at SMART Training Station, above the white line
- . Player sprints up to station, retrieves beanbag and sprints back to start-line
- . Player hands beanbag to the next in line and goes to back of line
- . Play continues until time expires

SPEED / AGILITY: Cones - Game 1 - 30' Line - Team Relay - 240 Seconds

- . Place cones perpendicular to station, 5' apart up to the 30' line
- . First player sprints up to station, weaving in and out of cones
- . Player touches any target on the station for 5 points
- . Player sprints back to start-line by weaving in and out of cones
- . Player touches hand of next in line and next player weaves

COOL-DOWN: - Noodle - Game 618 - Individual/Team - 240 Seconds

- . Player stands with noodle in front of station
- . Player strikes the lighted target to start the alphabet and calls out A
- . Player strikes the next letter B and returns noodle to the next player in line
- . The rest of the team helps the player to remember what letter is next and where to find it.
- . Continue until time expires

6th — 9th Grade Classes

WORKOUT 4

Recommended Sensitivity: 5

WARM-UP: - Playground Ball - Game 3 - 18' Line - Team Relay - 240 Seconds

- . First player throws ball at any target on station for 5 points
- . First player moves to back of line after his throw
- . Next player in line catches the rebound
- . Player throws to any target on station and moves to back of line
- . Play continues until time expires

SKILL: - Basketball - Game 612 - 12' Line - Team Relay - 240 Seconds

- . Player dribbles 10 times, then chest-passes ball to first number and the next sequential number
- . Player retrieves own rebound and hands ball to the next in line
- . Next player dribbles 10 times, then chest-passes ball to the next sequential number
- . Team members help each other to track the numbers correctly
- . Concentrate on keeping eyes up while dribbling and passing

CARDIO: - Beanbags - Game 219 level 5 - 30' Line - Team Relay - 120 Seconds

- . All teams start at 12' line
- . First player throws a beanbag to selected target
- . Player sprints up to retrieve beanbag and returns to 8' line
- . Player throws beanbag to selected target
- . Player sprints up to retrieve beanbag and returns to 5' line
- . Player throws beanbag to selected target then picks it up
- . Pass the beanbag to the next in line
- . Play continues until time is up

SPEED / AGILITY: - Speed Ladder - Game 1 - Team Relay - 240 Seconds

- . Place the speed ladder at least 20' back from station
- . First player navigates the speed ladder up to the station as quickly as possible
- . Player hits any target on station for 5 points
- . Player navigates speed ladder back to start-line
- . Next player begins when first player touches his hand

COOL-DOWN: - Hands - Game 218 - 20' Line - Team Relay - 240 Seconds

- . First player runs up to station and hits the first numbered target with hand and calls it out
- . Player runs backwards to start-line and tags the next player and joins the back of the line
- . Next player begins when first player crosses start-line
- . Continue until time expires

6th — 9th Grade Classes

WORKOUT 5

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 233 - 25' Line - Team Relay - 240 Seconds

- . First player runs up to station and hits 3 targets with the correct hand
- . L = Left, B = both, R = Right calling out what they are
- . Player runs backwards to start-line and tags the next player and joins the back of the line
- . Next player begins when first player crosses start-line
- . Continue until time expires

SKILL: - 7 Beanbags - Game 606 - 20' Line - Team Relay - 120 Seconds

- . Player 1 stands at start-line with 3 beanbags
- . Player throws first beanbag at a selected target
- . Player continues to throw beanbags until all 3 are thrown
- . Player sprints up to station and retrieves all beanbags
- . Player returns bags to start-line and next player begins
- . Concentrate on accuracy

CARDIO: - Playground Ball - Game 607 - 10' Line - Team - 240 Sec.

- . First player throws medicine ball at any target above the white line
- . First player moves to back of line while next player catches rebound
- . Play continues until time expires
- . Concentrate on speed and keeping ball in play

CORE STRENGTH: - 2 lb. Medicine Ball - Game 2 - Partners - 60 Sec.

Recommended Sensitivity: 2

- . Both players start in a sit-up position, knees bent, in front of station
- . Player holding ball completes a sit-up, propelling the medicine ball to any spot on the station
- . Player retrieves rebound and hands the medicine ball to partner while sitting in a sit-up position and using abs to twist
- . Next player completes a sit-up, propelling the ball to any spot on the station
- . Play continues until time expires, then next pair is up to start-line

COOL-DOWN: - Noodle/BOSU Ball - Game 232 - Individual / Team - 240 Sec. Sensitivity: 3

- . Player stands on BOSU Ball with noodle in each hand in front of station
- . Player strikes the lighted L, R, or B targets with the Left, Right or Both noodles
- . Player continues until instructor calls for change or blows a whistle
- . Player hands noodle to the next in line
- . Play continues until time expires.

6th — 9th Grade Classes

WORKOUT 6

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 232 - 12' Line - Individual / Team - 240 Seconds

- . First player steps up to station
- . Player uses RIGHT hand to hit any targets that appear on the LEFT side of station
- . Player uses LEFT hand to hit any targets that appear on the RIGHT side of station
- . Player uses BOTH hands to hit targets that appear in the middle of station
- . Instructor blows whistle or signals “change” after about 20 seconds and the next player in line steps up to the panel
- . Play continues, changing players every 20 seconds, until time expires

SKILL: - Hands - Game 217 - 8' Line - Partner/ Team - 20 Seconds

- . First player steps up to line and touches as many sequential letters as possible in the time
- . Team calls out the letters
- . Check to which letter s/he reached and returns to back of the line
- . Next player in line and tries to get further along the alphabet.
- . Continue until each player has a turn

CARDIO: - Noodle - Game 618 - 20' Line - Team Relay - 120 Seconds

- . Players line up in equal, diverse groups in front of stations
- . Instructor calls out a category such as fruit, country, brand name, animal, etc
- . Players sprint to the target and strike the targets calling a name starting with A. Eg, America, Antelope, Apple, etc. and returns the noodle to the next player in line
- . Next play repeats to seek and strike the B,
- . Continue play until time runs out.

COOL-DOWN: - Noodles - Game 624 - 12' Line - Team Relay - 120 Seconds

- . First player in line holds noodle in hand
- . Player walks up to station and triggers the Smiley
- . Player hits 3 more Smiley's counting out loud, then returns to start-line
- . Next player in line takes noodles and walks up to station
- . Player triggers the Smiley 4 times
- . Continue until time runs out

6th — 9th Grade Classes

WORKOUT 7

Recommended Sensitivity: 5

WARM-UP: - Hands - Game 219- 20' Line - Group Relay - 120Seconds

- . Players line up in equal, diverse groups in front of each station
- . First player jogs/runs up to station and hits a target with hand
- . Player runs back to start-line and next player begins
- . Play continues until time expires

CORE STRENGTH: - 2 lb. Medicine Ball - Game 2 - Individual - 30 Seconds

Recommended Sensitivity: 2

- . Player sits on floor in a sit-up position with legs bent, medicine ball gripped in hands
- . Player leans back with ball over head until shoulder blades touch the floor
- . Player sits up into the starting position while launching ball at station, above the line
- . Player catches ball and repeats the movements until time expires

CARDIO: - 2 lb. Medicine Ball - Game 2 - 12' Line - Partners - 20 Sec.

- . Both players stand side by side at the 15' line, Player 1 with the medicine ball
- . Player 1 diagonally tosses the ball at the station, above the line, from his outer side (non-adjacent to partner)
- . Second player retrieves the ball and diagonally tosses the ball at station from outer side
- . Go for speed. Play continues until time expires

SKILL: - Noodles - Game 600 - Individual – speedgame

- . Player stands in front of station with feet shoulder width apart and a noodle gripped in each hand
- . Player taps lit target with ball to knock all the targets out as fast as possible
- . Play continues until time expires
- . Record how many seconds it took
- . Change players and see who get the fastest time

COOL-DOWN: - 2 lb. Medicine Ball - Game 1 - Team - 120 Seconds

Recommended Sensitivity: 2

- . Players line up perpendicular to station, facing away from station
- . Player farthest away from station starts with the medicine ball
- . Player passes ball to player behind without moving feet (use a sideways turn to hand the ball)
- . Ball continues moving down the line until the player closest to the station gets the ball
- . Player taps the station with the ball for 5 points and walks/jogs to the end of the line while everyone shifts down one spot
- . Play continues until time expires

CHAPTER 12

Sports Performance Training

SMARTfit Stations offer sports-specific, functional training for athletes (novice, amateur, and professional). In addition to helping to refine sports-specific skills such as throwing and catching, SMARTfit also assists in improving speed, accuracy, strength, balance, and coordination. SMARTfit also speeds up the brain providing more time for strategy and technique.

BASKETBALL

Boot Camp 1

Recommended Sensitivity: 3

WARM-UP: - Basketball - Game 220 - 20' Line - Group - 120 Seconds

- . First player runs up to station and stops with a two foot hop
- . Player squat-jumps as high as possible to hit an upper target
- . Player lands with two feet firmly on the ground and turns to the left or right
- . Player jogs back to line and touches next player's hand for them to begin

SKILL: - Basketball - Game 607 - 8' Line - Individual - 20 Seconds

- . Player chest-passes with good form to a lighted target to knock the targets out
- . Player catches rebound with no bounce and throws at another lit target
- . Players strives for high score

CARDIO: - Basketball - Game 620 level 4 - 30' Line - Group - 180 Seconds

- . Player dribbles ball up to station, keeping eyes up and ball under control
- . Player touches the A with the non-dribbling hand
- . Player dribbles back to start-line, eyes up and ball under control
- . Player hands basketball to the next in line and goes to end of line
- . Play continues through the letters until time expires
- . Only players who are handling the ball can retrieve their own loose ball

COOL-DOWN: - Hands - Game 1 - 20' line - Group - 10 Seconds

- . Players jog up to Station and touches it with hand
- . Players return to start by shuffling backwards until they reach the 20' Line
- . Next player begins to jog to station

BASKETBALL

Boot Camp 2

Recommended Sensitivity: 2

WARM-UP: - Basketball - Game 216 Level 4 - Team - 60 Seconds

- . First player dribbles the ball to within 5' of the station and makes a two-foot stop
- . Player chest-passes the ball to the lit target and catches the rebound
- . Player dribbles back to the start-line and hands the ball to next in line
- . Play continues until time expires

SKILL: - Basketball - Game 1 - Individual - 45 Seconds

- . Player lies down on the back in front of station with the ball
- . Player dribbles the ball on the left side 10 times
- . Player sits up and then chest-passes the ball to the station for 10 times
- . Player lays back down and dribbles the ball on the right side for 10 times
- . Player then sits up and does 10 chest-passes
- . Play continues until time expires

CARDIO: - Basketball - Game 1 - 20' Line - Team - 120 Seconds

- . Player dribbles the ball as quickly as possible up to the station
- . Player does not pick up the dribble but reaches out and taps the station for points
- . Player then turns and dribbles quickly back to the start-line
- . Player must hand the ball to the next in line
- . Play continues until time expires
- . Concentrate on keeping eyes up and not stopping the dribble

COOL-DOWN: - Basketball - Game 220 - 10' line - Team -60 Seconds

- . First player shoots the ball to the selected target using proper shooting form
- . Player catches the rebound and hands the ball to the next in line
- . Next player shoots the ball to the selected target
- . Play continues until time expires
- . Try to get a rhythm going and keep the ball moving at all times

TENNIS

Bootcamp 1

Recommended Sensitivity: 4

WARM-UP: - Racquet and Tennis Ball - Game 2 - Team Relay - 120 Seconds

- . Players, each with a racquet in hand, line up at 5' intervals starting at station and moving out perpendicular from the stations
- . Use one ball, starting with the player farthest away from the wall, player holds the ball on the racquet strings
- . Players transfer the tennis ball from their racquet to the next player's racquet without touching the tennis ball with their hands
 - . When the ball reaches player closest to the station, player taps the lighted block of targets and then runs to the end of the line with the ball still on the strings
- . Play continues until time expires

SKILL: - Racquet and Tennis Ball - Game 3 - 20' Line - Team Relay - 240 Seconds

- . First player in line does racquet "ups" while walking to the station
- . Player drops the ball and underhand hits the ball at the lit section of the station, for 5 points
- . Player traps the ball on racquet and uses racquet "ups" back to the start-line
- . Player transfers the ball to the next player's racquet without touching the ball, and play continues

CARDIO: - Two Tennis Balls - Game 600 - 20' Line - Individual - 45 Seconds

- . Place two tennis balls at the 20' start-line
- . Player takes first ball, runs up to station and knocks out the target with the ball in hand
- . Player runs back to start-line and puts first ball down
- . Player picks up 2nd tennis ball and runs up to station again
- . Play continues until time expires

COOL-DOWN: - Hands - Game 223 level 1 - Individual - 30 Seconds

- . Player stands in front of station with feet shoulder-width apart
- . Player strikes the lit target with hands
- . Continue until time is up and next player begins

TENNIS

Boot Camp 2

Recommended Sensitivity: 3

WARM-UP: - Tennis Ball - Game 223 Level 3 - Team - 60 Seconds

- . First player runs up to the station with a tennis ball in hand
- . Player hits a selected target with the tennis ball while still holding it for 5 points
- . Player runs back to the start-line and hands the ball to the next in line
- . Play continues until time expires

SKILL: - Racquet and Tennis Ball - Game 2 - 15' Line - Individual - 30 Seconds

- . Player stands on the 15' line with racquet and ball
- . Player drops the ball and bumps the ball to anywhere to the lit part of the Station for one point
- . Player continues to bump the ball to the SMARTfit Station without stopping
- . The goal is to continuously bump the ball without breaks in rhythm
- . Play continues until time expires then next in line is up

CARDIO: - 2 lb. Medicine Ball - Game 1 - 20' Line - Team - 120 Seconds

Recommended Sensitivity: 1

- . Place a medicine ball at the 20' line in front of each station
- . First player picks up the medicine ball and runs to the SMARTfit Station
- . Player chest-passes five times to the station then runs back to the start-line
- . Player hands medicine ball to next in line and play continues until time expires

COOL-DOWN: - Racquet and tennis ball - Game 2 - 15' Line- Team - 60 Seconds

- . Player stands on the 15' line with racquet and ball
- . Player drops the ball and bumps the ball to anywhere on the SMARTfit Station for one point
- . Player catches the ball with hand and racquet and hands the ball to next in line
- . Next player bumps the ball to the Station then catches it with ball and racquet
- . Play continues until time expires

BASEBALL

Boot Camp 1

Recommended Sensitivity: 2

WARM-UP: - Baseball - Game 3 - 20' Line - Team - 120 Seconds

- . First player throws baseball to the lit target area, catches the rebounds and hands ball to next in line
- . Next player throws baseball and game continues until time expires

SKILL: - Baseball - Game 223 Level 2 - 20' Line - Team - 90 Seconds

- . First player throws baseball to lighted target and catches own rebound
- . First player repeats throw for a total of 5 throws
- . Player hands off ball to next player in line
- . Next player throws for five repetitions and so on until time expires

CARDIO: - Hands - Game 218 - 30' Line - Team - 120 Seconds

- . Players line up in two rows in front of each station
- . First two players at each station sprint up to station and touch for 5 points with their hands
- . Players sprint back to line and touch the hand of next in line
- . Next two players sprint and touch a target each with their hands for 5 points
- . Play continues until time expires
- . This is a great way to get a large group of people warming up at the same time

SKILL/ACCURACY: - Baseball - Game 603 - 20' Line - Partners - 60 Seconds

- . First partner throws ball at a lighted target
- . Second partner catches the rebound and throws at a lighted target
- . Play continues until time expires

COOL-DOWN: - Noodles - Game 625 - 12' Line - Team Relay - 120 Seconds

- . First player in line holds noodle in hand
- . Player walks up to station and triggers the Smiley
- . Player hits 3 more Smiley's counting out loud, then returns to start-line
- . Next player in line takes noodles and walks up to station
- . Player triggers the Smiley 4 times
- . Continue until time runs out

BASEBALL

Boot Camp 2

Recommended Sensitivity: 2

WARM-UP: - Baseball - Game 3 - 20' Line - Team - 120 Seconds

- . First player throws baseball to any target in the lit area, catches the rebounds and hands ball to the next in line
- . Play continues until time expires

SKILL: - Baseball/Mitt - Game 223 level 2 - 20' Line - Single - 30 Seconds

- . Player throws baseball to sequential targets
- . Player catches rebound with baseball mitt, throws again
- . Play continues until time is up
- . Go for high score
- . Next player in line is then up for 30 seconds

CARDIO: - Beanbags - Game 620 - 20' Line - Team Relay - 120 Seconds

- . First player throws beanbag at selected target
- . Player sprints up to retrieve beanbag and sprints back to line
- . Next player in line takes the beanbag and throws it to the selected target
- . Player sprints up to retrieve beanbag and play continues until time expires

SKILL/BATTING: - Batting Tee/ Ball / Bat - Game 1 - 12' Line - Team relay - 120 Seconds

- . First player places foam ball on tee and strikes the ball toward the station for 5 points
- . Player retrieves the rebound and hands ball and bat to next player in line
- . Next player places the ball on tee and bats the ball toward the station for 5 points
- . Play continues until time expires

COOL DOWN: - Baseball - Game 3 - 20' Line - Team Relay - 120 Seconds

- . First player throws baseball at any target above the line
- . Player catches rebound and hands ball to next player in line
- . Next player throws baseball to any target above the line
- . Play continues until time expires
- . Goal is to cool down; this is not a race

SOCCER

Boot Camp 1

Recommended Sensitivity: 2

WARM UP: - Soccer Ball - Game 216 level 4 - 60 Seconds - Team

- . First player dribbles the ball up to the station and taps the selected target with hand
- . Player dribbles back to the start-line and passes the ball to next player
- . Next player dribbles to the station and play continues until time expires

SKILL: - Soccer Ball - Game 1 - 30 Seconds - Partners

- . First player stands on the 20' line with the ball, second player at 10' line facing away from the station, looking at first player
- . First player passes the ball to player on 10' line.
- . Player traps the ball, turns towards the station and passes the ball to the station for a point
- . Player traps the rebound, turns to the first player and passes the ball back
- . Repeat the same pattern until time expires, then change positions

CARDIO: - Soccer Ball - Game 6 - 20' Line or more - 120 Seconds - Team

- . Place a ball in front of each station
- . First player runs up to the station and picks up the ball using foot to hands
- . Player heads the ball to the station for five points
- . Player catches the ball, puts it down and runs back to start-line
- . Next player begins when hand is touched by first player
- . Play continues until time expires

COOL DOWN - Soccer Ball - Game 1 - 10' Line - 60 Seconds - Team

- . First player passes the ball to the station for one point
- . Player traps the rebound, leaves the ball on the line, and moves to the back of the line
- . Next player passes the ball to the station and traps the rebound.
- . Play continues until time expires

SOCCER

Boot Camp 2

Recommended Sensitivity: 3

WARM-UP: - Soccer Ball - Game 216 level 3 - 60 Seconds - Team

- . First player dribbles the ball up to the Station and taps the selected target with hand
- . Player dribbles back to the start-line and passes the ball to next player
- . Next player dribbles to the wall and play continues until time expires

SKILL: - Soccer Ball - Game 600 - 120 Seconds - Team of 7 or less

- . Players line up in front of station with their right sides towards the station, about 2' apart
- . Player farthest from the station starts with the ball near left foot
- . Player rolls the ball across from the inside with the outside of the sole of the foot and stops the ball with the inside of the same foot
- . Player leaves the ball for the next in line to roll the ball from the inside to the outside of their feet
- . Players roll the ball down the line until it reaches the player nearest the SMARTfit Station, who taps one of the selected targets
- . That player then dribbles the ball to the end of the line and all move down one spot
- . Play continues until all the targets have been knocked out

CARDIO: - Soccer Ball - Game 4 - 30' Line or more - 120 Seconds - Team

- . First player dribbles the ball to the 15' line and shoots to the station
- . Player chases and traps rebound then dribbles the ball back to the start-line
- . Next player in line takes the ball, dribbles to the 15' line and shoots
- . Play continues until time expires

COOL DOWN - Soccer Ball - Game 4 - 10' Line - 60 Seconds - Team

- . First player passes the ball to the station for one point
- . Player traps the rebound, leaves the ball on the line, and moves to the back of the line
- . Next player passes the ball to the station and traps the rebound
- . Play continues until time expires