



SportLadder and DVD package
Stoplight Cones
Quick Start 36 Foam Balls
Agility & Quickness DVD
Explosive Tennis Training DVD
Speed Jump Ropes
Quick Feet Donuts
Spots



SAVE
\$110

8 FEATURED PRODUCTS
Create Hundreds of Drills
Cardio Tennis Package *SPECIAL*
***ONLY* \$199 (TACTP)**
 (Regular \$309)

The **SportLadder's** flat bottom rungs minimize slipping. The beveled tops help athletes improve their heel lift for better movement biomechanics. Rungs are 16" long and 18" apart. Included are a 2-part 30-foot ladder, zipper case, and 31-minute DVD.

SportLadder and DVD package
\$88 (FSLD)

Use our **Stoplight Cones** to create numerous movement and targeting exercises for fun and focus. Highly durable, impact-resistant plastic. Cones are 12" high.

Stoplight Cones - set of 12
\$36 (TASMC12)

Oncourt Offcourt's NEW **Quick Start 36 Foam Balls** are softball-size and ideal for 36-foot courts. They are designed for durability and consistent bounce. In addition, they rebound to an appropriate height for the youngest of players.

Quick Start 36 Foam Balls
set of 12 - \$32 (BQF12)



Agility and quickness are the name of the game. This high-energy DVD contains 50 creative drills for young and older athletes alike. Length: 38 minutes.

Agility & Quickness \$19 (DAQ)

Explosive Tennis Training (formerly "Explosive Power Training") guides coaches and serious players with 200 exercises covering plyometrics, agility and balance, core training, reactions and reflexes, plus speed development and endurance. Includes bonus disk with dozens of extra drills. Length: 135 minutes.

Explosive Tennis Training - 2-disk set
\$49 (DEPT)

Speed Jump Ropes come in bright colors. Each is 9' 6" long and adjustable in length. Durable and high quality.

Speed Jump Ropes - set of 6
\$27 (FSJR6)

Quick Feet Donuts are perfect for split-step guides, recovery drills, and court positioning. Slip-proof on hard courts and gym floors. The donuts are 15" in diameter and are packed in sets of 6 (red, yellow, and green). Drill booklet included.

Quick Feet Donuts
\$29 (FQFD)



Our 10" **Spots** are ideal for running, recovery, and decision-making drills. Packaged in sets of 6 (red, yellow, and green). Includes drill booklet.

Spots \$29 (TAS6)

