



HopSports Circuits 10- Minutes

[HopSports: 10 Circuit Ladder 01](#)

[HopSports: 10 Circuit Ladder 02](#)

HopSports Circuits 20- Minutes

[HopSports: 20 Circuit Ball Hurdle Jump Rope](#)

[HopSports: 20 Circuit Basketball WNBA Sparks Basic](#)

[HopSports: 20 Circuit Buddy Lee](#)

[HopSports: 20 Circuit Cheryl Broughton](#)

[HopSports: 20 Circuit Football Kicking Josh Brown](#)

[HopSports: 20 Circuit Herschel and Gina](#)

[HopSports: 20 Circuit Hurdle Ball Jump Rope Band](#)

[HopSports: 20 Circuit Intro to Ladder](#)

[HopSports: 20 Circuit Iso Ladder Mash Up](#)

[HopSports: 20 Circuit on Track to Fitness 1](#)

[HopSports: 20 Circuit on Track to Fitness 2](#)

[HopSports: 20 Circuit Soccer 01 Erin Misaki](#)

HopSports Circuits 30- Minutes

[HopSports: 30 Circuit Globetrotters Nutrition](#)

[HopSports: 30 Circuit Herschel and Gina](#)

[HopSports: 30 Circuit NFL Play 60](#)

[HopSports: 30 Circuit On Track to Fitness 1](#)

HopSports HOPSmart

[HopSports: HOPSmart Recycling](#)

[HopSports: HOPSmart Warm Up Anti Smoking](#)

HopSports K-2

[HopSports: K-2 Character Classics Little Larry](#)

[HopSports: K-2 Character Classics You Can Do It](#)

[HopSports: K-2 Extreme Fitness Dash Coaster](#)

[HopSports: K-2 Lazy Town Animal Moves](#)

[HopSports: K-2 Lazy Town Jumping](#)

[HopSports: K-2 Lazy Town Skiing](#)

[HopSports: K-2 Lazy Town Skipping Rope Basketball](#)

[HopSports: K-2 Lazy Town Skipping Rope Skiing](#)



[DVD Disc One: Foundation Exercises](#)

[DVD Disc Two: Intermediate Exercises](#)

[DVD Disc Three: Advanced Exercises](#)

Disk One

- | | |
|---|--|
| 1 Introduction | 10 Teaching The Feet |
| 2 HOH 1 - Bag Square | 11 HOH 2 - Bag Square With Feet |
| 3 HOH 1 - Bag Circle | 12 HOH 2 - Bag Circle With Feet |
| 4 HOH 2 - Bag Square | 13 Variations of HOH Exercises With Feet |
| 5 HOH 2 - Bag Circle | 14 Remediation of Most Severe HOH Glitch |
| 6 Use of Balance Board | 15 Bill |
| 7 Accommodations for Height Differences | |
| 8 When HOH Confusion Occurs | |
| 9 The Feet | |

Disk Two

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|--|--|
| 1 Six Principles Of The Ball | 23 3 Balls Between (1 X 1 X 1) |
| 2 1 - Ball Rectangle | 24 2 - Ball V Bounce Clap Over |
| 3 1 - Ball Oval | 25 2 - Ball V Bounce Clap Behind |
| 4 Visual Tasks During Rectangles / Ovals | 26 4 - Ball Rectangle |
| 5 2 - Ball Rectangle | 27 4 - Ball Oval |
| 6 2 - Ball Oval | 28 4 - Ball Rectangle / Oval Switching |
| 7 1 - Bag Rectangle Toss | 29 Puppet Arm Bounce With Pause |
| 8 1 - Bag Oval Toss | 30 Puppet Arm Bounce, No Pause |
| 9 2 - Bag Rectangle Toss | 31 Rhythmic Bounce Patterns |
| 10 2 - Bag Oval Toss | 32 Twist Bounces |
| 11 2 - Bag Rectangle Toss | 33 Simultaneous 2 - Ball Bounce Tic Toc |
| 12 VisTAR Ball / Visual Tracking | 34 Simultaneous 2 - Ball Bounce Cut-In |
| 13 Tracking Modifications For Young And Severe Special Needs | 35 Simultaneous 2 - Ball Bounce Triad |
| 14 1 - Ball V Bounce | 36 Simultaneous 2 - Ball Bounce Glitches |
| 15 1 - Ball V Bounce Clap Over | 37 Simultaneous 2 - Ball Bounce, Extra Ball |
| 16 1 - Ball V Bounce Clap Behind | 38 Alternating 2 - Ball Bounce |
| 17 2 - Bag Toss | 39 Alternating 2 - Ball Bounce Cut-In |
| 18 4 - Bag Double Toss | 40 Alternating 2 - Ball Bounce Triad |
| 19 3 - Bag Split | 41 Allen Bounce |
| 20 2 Balls Between | 42 Alternating 2 - Ball Bounce Kick-Out |
| 21 2 X 2 | 43 Step Bounce Patterns |
| 22 2 X 2 X 2 | 44 4 Balls Between |
| | 45 5 Balls Between |
| | 46 6 Balls Between |
| | 47 2 + 1 |

Disk Three

Advanced Exercises, Modifications For Severe Special Needs, Rhythmic Patterns For Academics

DISC THREE

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|----|----------------------------------|----|--|
| 1 | 3-Ball Bounce | 22 | Windmill Exchange |
| 2 | 3-Ball Bounce Cut-In | 23 | Circle Windmill Exchange |
| 3 | 3-Ball Bounce Triad | 24 | Skittles |
| 4 | 3 Balls Between Cut-In | 25 | Sarah |
| 5 | 3 Balls Between Crisscross | 26 | 3-Ball Bounce Behind Back |
| 6 | Siamese 3-Ball Bounce | 27 | 5-Person Web (Popcorn) |
| 7 | Andrew (3-Ball Bounce Kick-Outs) | 28 | Jones |
| 8 | Double Andrew | 29 | Circle Bounce |
| 9 | Circle Andrew | 30 | Circle Of Destiny |
| 10 | Windmill | 31 | Rhythm Check |
| 11 | Double Windmill | 32 | Rhythmic Octet |
| 12 | 4-Ball Bounce | 33 | Modifications For Blind |
| 13 | Triangle | 34 | Modifications For Severe
Special Needs |
| 14 | Reverse Triangle | 35 | Layering Academics Onto
Bal-A-Vis-X Rhythms |
| 15 | Odd Ball Out | 36 | Bal-A-Vis-X And Music |
| 16 | Ping Pong | 37 | Balance Board In Academic
Settings |
| 17 | Off-Beat Special | 38 | Visual Cue For 2 X 2 X 2 |
| 18 | Jump Rope | 39 | Bal-A-Vis-X And Seniors |
| 19 | Spider | | |
| 20 | Double Focus | | |
| 21 | Windmill Kick-Out | | |