



## **“Essential Equipment” Worksheet**

In Scope lesson #5 we discussed some of the best pieces of training equipment you can utilize to help decrease your pop time. To review these equipment options, please answer the questions below. Review your Scope notes or watch the Scope replay to help answer these questions.

**1. What are some of the best pieces of training equipment for improving your foot quickness?**

**2. What is one of the best pieces of training equipment for quick hands?**

**3. What is one of the best pieces of equipment for improving arm strength?**

**4. What are some of the best pieces of training equipment for hand, wrist & forearm strength?**

Type this link in your browser to go to our “Drop Your Pop” store in Amazon Affiliates: <http://amzn.to/2b3KqS4>