XerTrainer Athletic Drills

Speed • Agility • Accuracy • Focus • Mental Speed • Teamwork

Basketball • Baseball • Football
Soccer • Tennis • Volleyball

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Thank You. We hope you enjoy your new Sportwall XerTrainer.

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Welcome to XerGames Athletic Training on the Sportwall XerTrainer

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. Sportwall programs assist in accomplishing these goals by applying the key principal that, while developing their skills and increasing their competence, individuals are more motivated and successful the more they derive enjoyment and satisfaction from movement. Using sophisticated interactive computer technology, Sportwall sessions are based on games that naturally promote fun, social interaction, and exercise in a venue that requires active participation.

People of all ages experience fun associated with movement and sessions can be customized to provide participants with opportunities that enhance social interaction, and allows for developing concepts for successful team play. With changing lifestyles, Physical Education teachers face an array of new issues with the kids in the classroom ranging from overactive and underactive youth and a higher than ever level of obesity and diabetes.

The Sportwall’s diverse programming is designed to make fitness and sports training more fun, engaging, challenging, and inclusive than traditional forms of exercise and sports training. Here are a few tips to assist you in understanding and making your interactive training on the XerTrainer successful.

Sportwall Training for Athletes of all ages

In today’s competitive sports environments, athletes as well as parents are continuously seeking ways to improve performance and ultimately gain an edge over the competition. Peak performance is dependent upon the athlete’s ability to integrate the components of dynamic movement, such as agility, power, strength, flexibility and reaction speed. Sportwall is the first training system to fully utilize technology to improve these specific components in athletes of all ages and abilities, focusing on physical prowess while improving the athlete’s decision making capacity under pressure.

Sportwall Physical Training for Accomplished Athletes

Sportwall programming helps skilled athletes push their limits AND cross train. Cross training refers to speed skaters who train on bicycles, a tennis player who works out on a speed bag, a cross country skier on roller blades, or a gymnast on a trampoline. The most successful athletes regularly train away from their chosen sport in activities that improve the athletic characteristics required.

More importantly, seasonal facilities may not be available. Sportwall programming supplies the ideal off season physical challenges or a break from the monotony of sport specific training.

Even elite athletes can find the challenges to strength, power, and endurance they need, but also the general athleticism required by their sport. Application of speed, agility, strategy, and technique under pressure is
also found here. Strong athletes don’t win the battles, athletic ones do. Sportwall is the first training system to fully utilize technology to improve conditioning in athletes of all ages and abilities, WHILE improving their decision making under pressure.

Because the Sportwall XerPro/XerTrainer ramps up its demands in a systematic fashion, it is appropriate for athletes of all abilities and levels of competition. The system challenges professional athletes as far as they are willing to be pushed, yet is accessible to amateurs and beginners. The level of the athlete will determine which training is initiated and its specific progression.

Sportwall has the ability to quantify/score the success of individual movements. To an accomplished athlete, an improvement of ONE percent can represent a huge competitive gain, but that gain is correspondingly difficult. Accurate scoring/feedback become extremely important when the athlete is digging deep for effort and the highest levels of motivation are required. Sportwall is there!

The athlete or coach gets accurate assessment and can track progress. Athletic improvement can be accomplished in a systematic and highly engaging format, allowing the highest level of sports specific endurance.

**For Athletic Training the XerPro/XerTrainer can be utilized to improve:**

- Reaction quickness
- Reaction time
- Dynamic and Postural stability
- Plyometric adaptation in sports specific movements
- Explosive change of direction
- Kinetic chain linking and complex movement patterns

**Brain Speed: Delivering the Edge in High Performance!**

Elite athletes are superior in three main areas: strength, skill, and speed. Strength training should be general and focus on maximizing cardiovascular and muscular capability. Skill training is functionally specific; practice makes perfect only if one practices perfectly. Speed is what truly separates the elite athlete from the good athlete; not sprint speed, but rather the recognition of stimulus and the ability to react quickly and efficiently to that stimulus. It is recognition of patterns, memory, and preparation combined with the ability to apply strategy and technique under pressure.

Physical speed is the manifestation of what goes on in the athlete’s mind before he reacts. Mind speed is the essence of greatness. For years, coaches have searched for the “ultimate tool” for speed development. Sportwall training enables athletes to merge the mental and the physical, pushed to continually higher levels of intensity, which raises the bar higher for adoption by the neurological system.

Consistent use will improve the speed at which the mind functions. The faster an athlete’s mind works, the slower the game appears, leaving more time to apply strategy and technique. That is what is meant by being in the “zone”, what a sport psychologist calls “flow”, the true “winner’s circle”.

Sportwall programs are also designed to encourage right and left brain intelligence and balance as the participant is directed to perform movements that develop the corpus callosum, the super highway of
connective motor and sensory axons that connects the two hemispheres of the brain. In fact, movement is essential to the development of all four lobes of the brain. The more both hemispheres and all lobes are activated by use, the more dendritic connections form and extend across the corpus callosum and myelinate. The more myelination, the faster the processing is between both hemispheres and all the lobes of the brain, and the more intelligently we are able to function. It is necessary to use both hemispheres of the brain to be maximally proficient at anything or produce whole brain thinking.

“Research indicates that when both eyes, both ears, and both feet are being equally used, the corpus callosum (responsible for the whole brain processing) orchestrating these processes between the right and left hemisphere becomes more fully developed – cognitive function is heightened and ease of learning increases.” Dr. Carla Hannaford, Neurologist, *Smart Moves*

**XerTrainer - Structure with Flexibility**

- **This manual:** is designed for use by both trainers wishing to design their own workouts and those seeking single session Boot Camps.
- **Each drill** has a specific purpose and numerous skill benefits. Be sure to communicate these to participants prior to the start of each drill. We suggest each drill be repeated three times:
  - First, to LEARN the drill and get used to working together as a team.
  - Second, a PRACTICE run to improve both individually and as a team.
  - Third, the CHALLENGE to achieve your best score as a team, and to compare your score with the other teams.
- **Number of participants:**
  - Drills are designed to engage up to eight participants per station. Smaller groups may be advisable to make drills faster and more challenging for those with higher ability levels. Some of the drill variations may also be used to accomplish the same things.
  - For larger groups, we suggest that people toward the back of the line be involved in some kind of simple physical activity to keep them moving while still rooting for their team. Examples include running in place, jumping in place, jumping jacks, pushups, and sit-ups.

**Assessment**

Assessment is an important aspect of today’s athletic programs. XerTrainer allows an individual’s performance to be tracked, showing progress and measurable results over a period of time. Instructors can use trends in scores to show the individuals progress and how much improvement has taken place. It is an excellent tool to show participants that they ARE improving.

We recommend having a “personal best day” at scheduled intervals. Instructors can record scores over time, and can use the results as an assessment tool. Using the scores from specific games for specific skills, instructors will be able to evaluate the progress of skills within a group. For example, the group could use activity 3-3 at 4 minutes to record a beginning level of cardio fitness. After a month of physical activity, the players can record a second score in activity 3-3 at 4 minutes to see how much progress they have achieved. The more points the players can score within the 4 minute time limit will show how much their cardio fitness has improved. If you wish to work on throwing and accuracy skills, the activity 4-1 could be played for 45 seconds.

A beginning score could be recorded. After a period of time, the players would record a new score on activity 4-1 to see how much the accuracy has improved. Be creative! People love to see their scores “up in lights” and will WANT to participate. If competition is the goal, people will want to compete with other groups, and
even other clubs. A great idea to incentivize play is to post weekly high scores with video clips of play on Facebook. The players will get an excellent workout while having a fun and posting scores ensures retention. There is no limit to how your system can be used!

**Setting XerTrainer System Parameters for a Specific Concept or Skill Emphasis**

**Cardio Respiratory**
- Longer time periods of play - 120 seconds to 240 seconds
- Start line moved farther back – 10’ or more
- Team relays at longer periods of time – 120 seconds to 240 seconds
- Have players in line performing exercises while waiting for their turn

**Speed/Agility**
- Shorter time periods of play – 60 seconds or less
- Include changes in speeds and directions – fast to slow – forward to backward
- Use bean bags and have players sprint up to retrieve the beanball and sprint back to start line
- Start line moved closer to panel for quick returns and reaction times
- Multiple start lines, “suicide” drills
- Speed ladders or Poly spots in pathway to wall

**Skill/Accuracy**
- Activities using one triangle of active targets (2-1) (3-1) intermediate
- Activities using one active target (3-2) (2-3) advanced
- All activities in Game 4, Knock the lights out
- Activities using only above-the-line targets
- Activity that deduct points for misses or hits below the line
- Play the Tune – tune will only play with accurate hits

**Core Strength**
- Replace playground balls with a 2 lb. medicine ball
- Player stands on BOSU Ball or balance board to throw
- Perform sit-ups while tossing medicine ball to targets

**How to Organize Your Group for a Class on XerTrainer**

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 them into action as soon as the lesson starts.

XerTrainer 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 XerTrainer. To organize your teams get the whole group to stand in a line ranging in height from shortest to tallest. Then count off the players depending on the number of stations you have. If 4 stations, count them off from the front to back, 1, 2, 3, 4, 1, 2, 3, 4.....then send all the 1’s to stand at the 20’marker of station 1, 2’s to station 2, 3’s to station 3, and 4’s to station 4. This way you should end up with a fairly diverse level of skill on each team.

**Additional Tips**

a. 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 XerTrainer system.

b. When more than one line is called for while using Trainer Mode, position the lines with adequate distance between each line so they do not run into each other.

We 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 for you to create your own workouts, and complete workout programs that include lesson plans grouped for specific outcomes. Each lesson plan includes an objective detailing the goal of the main activity, and the equipment and set-up required to perform the activity. All activities can be adapted for any age and any skill level.
Introduction

Sportwall’s XerPro and XerTrainer are recognized as two of the original, most enduring concepts in the category of exergame fitness training, but they differ significantly from modified video games that promote physical activity. Instead of simulating play, they engage players in a real kinesthetic experience with dynamic, integrated, multi-planar athletic movement using actual sporting goods. The result is a powerful combination of both functional training AND sports specificity training in one multi-sensory system (see the next section for details).

Success is measured by the ability of participants to keep the game in play as a result of real athleticism rather than emulated movement called for in other exergames. The original concept behind the creation of Sportwall was to create fun, short, fast moving full-body games that engage maximum intensity and focus with results measured via electronically generated scores and rewarding sounds. Today, this approach continues to incentivize repeated play until mastery takes place.

This concept has evolved into a wide range of applications from training high performance athletes to providing highly engaging, brain integrated, physical exercise for children with special needs. This enormous flexibility is one of the most unique aspects to Sportwall programming. Instructors are free to choose from a wide array of curriculum/lesson plans for every sport and sector of the community. See our web site for curriculum options: http://www.xergames.com/customersupport/bootcamps.html.

Sportwall Conditioning for Mind and Body--How it Works

When it comes to localizing and tracking moving objects, it is likely that the human brain evolved to develop, learn, and operate optimally in multisensory environments. Thus, multisensory training protocols can better approximate natural settings and are more effective for learning.

Sportwall programs are fitness training products for all ages and ability levels. Visual, auditory, and physical tasks are integrated in performing the motor skills required. These protocols, with their profound and SIMULTANEOUS brain/body stimulation, are the key element that differentiates a functional training program from a general conditioning program.

This unique form of exergaming stimulates greater input to the proprioceptors of the motor system, and with it, greater subsequent refinement of movement patterns. The resistance and motor patterns encountered by the use of real sports equipment creates more dynamic neuromuscular control in a functional setting of play.
Sportwall programs are specifically designed to stimulate the body and the brain concurrently. This is accomplished by:

- Encouraging team participation and engaging sustained focus with short-attention grabbing computer games that are played sequentially to pursue mastery of skills and score
- Providing full body exercise by stimulating the hands, feet, eyes, ears, and vestibular system (stimulating the proprioceptive input to the motor and vestibular systems) in playing real games with real sporting goods (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

“Functional Training” is used by physical therapists as a comprehensive form of rehabilitation to return patients to daily living activities, as well as competitive sports by using movement in multiple planes while weight bearing. In contrast, “Strength Training” might use a weight machine, bands, or free weights and usually focuses on a uni-planar, one joint motion to build muscular strength.

Sportwall’s brand of functional training (also during weight bearing) uses a variety of activities that can focus on the core/torso, agility, speed, balance, flexibility, power, and strength while SIMULTANEOUSLY developing high levels of neuromuscular efficiency. This process of engaging the hands, feet, ears, and eyes develops not just eye/hand, but visual-perceptual motor skills.

Sportwall Physical Training for Accomplished Athletes

In today’s competitive sports environments, athletes as well as parents are continuously seeking ways to improve performance and ultimately gain an edge over the competition. Sportwall programming helps skilled athletes push their limits AND cross train.

Cross training refers to speed skaters who train on bicycles, a tennis player who works out on a speed bag, a cross country skier on roller blades, or a gymnast on a trampoline. The most successful athletes regularly train away from their chosen sport in activities that improve the athletic characteristics required. More importantly, seasonal facilities may not be available. Sportwall programming supplies the ideal off season physical challenges or a break from the monotony of sport specific training.

Even elite athletes can find the challenges to strength, power, and endurance they need, but also the general athleticism required by their sport. Application of speed, agility, strategy, and technique under pressure is also found here. Strong athletes don’t win the battles, athletic ones do. Sportwall is the first training system to fully utilize technology to improve conditioning in athletes of all ages and abilities WHILE improving their decision making under pressure.

Because the Sportwall XerPro/XerTrainer ramps up its demands in a systematic fashion, it is appropriate for athletes of all abilities and levels of competition. The system challenges professional athletes as far as they are willing to be pushed, yet is accessible to amateurs and beginners. The level of the athlete will determine which training is initiated and its specific progression.

Sportwall has the ability to quantify/score the success of individual movements. To an accomplished athlete, an improvement of ONE percent can represent a huge competitive gain, but that gain is correspondingly difficult. Accurate scoring/feedback become extremely important when the athlete is digging deep for effort and the highest levels of motivation are required. Sportwall meets that need.
The athlete or coach gets accurate assessment and can track progress. Athletic improvement can be accomplished in a systematic and highly engaging format, allowing the highest level of sports specific endurance.

**Brain Speed: Delivering the Edge in High Performance**

Elite athletes are superior in three main areas: strength, skill, and speed. Strength training should be general and focus on maximizing cardiovascular and muscular capability. Skill training is functionally specific; practice makes perfect only if one practices perfectly.

Speed is what truly separates the elite athlete from the good athlete. Not sprint speed, but rather information processing speed, also called reaction speed - the recognition of stimulus and ability to react quickly and EFFICIENTLY to that stimulus. Efficiency also depends on peripheral awareness and visual memory. It is recognition of patterns, memory, and mental preparation combined with the ability to apply strategy and technique under pressure.

For years, coaches have searched for the “ultimate tool” for speed development. Physical speed is the manifestation of what goes on in the athlete’s mind before he reacts. Mind speed is the essence of greatness. According to neurologist, Dr. Carla Hannaford in her book *Smart Moves*,

Research indicates that when both eyes, both ears, and both feet are being equally used, the corpus callosum (responsible for whole brain processing) orchestrating these processes between the right and left hemisphere becomes more fully developed – cognitive function is heightened and ease of learning increases.¹⁰

Sportwall training enables athletes to merge the mental and the physical. It continually pushes the athlete to higher levels of intensity, which in turn pushes performance by the neurological system. Regular use will literally improve the speed at which the mind functions.

How?

Movement specialist M.A. Greenstein, Ph.D., in a Q & A session on Facebook wrote that exercise is “important for generating blood and oxygen flow. This results in neurotransmitter release (which) has been shown to boost strength of synaptic bonding, stimulating glial cell activity for information flow”.¹¹ The faster an athlete’s mind works, the slower the game appears, leaving more time to apply strategy and technique. That is what is meant by being in the “zone” or what sport psychologists call the “flow”.

Sportwall programs accomplish this by encouraging right and left brain intelligence and balance. It coaxes the player to perform movements that develop the corpus callosum, the super highway of connective motor and sensory axons that connects the two hemispheres of the brain.
Dr. Greenstein writes, “There is an important correlation between the use of spatial intelligence and long term memory. Movement, cardiovascular exercise can help to grow the area of our brain that creates new memories—the hippocampus”. She notes the work of Harvard psychiatrist Dr. John Ratey, who says that 20-30 minutes of cardiovascular exercise enables more “fruitful synaptic bonding”.

In fact, movement is essential to the development of all four lobes of the brain. As activity in all lobes of both hemispheres increase with movement, more dendritic connections form, myelination increases, and those dendritic connections extend across the corpus callosum.

The better the connection between hemispheres, the more intelligently we are able to function. Maximum proficiency at critical thought, or skilled movement, requires peak activity of both hemispheres. This is how Sportwall activity promotes whole brain thinking.

**Sportwall Programming Promotes Social Integration**

Sportwall programs develop social skills and interpersonal cooperation through social interaction in a spirit of fun. Opportunities to work together as a team create an environment where participants develop and enhance concepts such as inclusiveness, cooperation, and mutual support.

Learning how to be part of a team as a valued member raises confidence and a sense of self-esteem. Instead of only one winner, with Sportwall training there is a new winner every few minutes, so players have numerous opportunities to improve their scores, and experience the feeling of success.

Perhaps more importantly, the system provides an easy way to recover and rededicate in the face of a loss, a task often more difficult on the playground. For children and adolescents who experience this type of discrimination, Sportwall programming must feel miraculous.

**Opening the Doors to Participation in Sports**

“Many schools, gyms, community centers, and hospitals include (Sportwall’s) digital target games that challenge players on speed and motor skills as they throw a ball allowing for sports simulation games that allow users to feel like they’re playing games such as soccer, tennis or baseball.” Jeannine Stein, Los Angeles Times, March 13, 2011.

Sportwall is a perfect match for any participant. It is an opponent that never misses and always plays the ball back at the speed and direction directed by the player. Changes in feedback and response are instant. Since most systems are installed in a fairly confined space, required skills to maintain play develop rapidly. The temptation to drive up scores and continue play is irresistible. It invisibly pushes levels in player strategy, focus, power, precision, balance, and footwork. This is exactly what all sports demand.

Beyond enhancing these natural skills, the system promotes an intrinsic human need, dare we say even “a love for movement.” Body and brain find a concert of new confidence, which in turn fosters a strong desire to pursue life-long physical activity, a desire that may not have happened otherwise.

On the playground, self-esteem frequently hangs on a child’s ability to throw and catch a ball. Yes, it is a primitive measure of social acceptance among children who MIGHT be picked to a team. We continually observe children previously marginalized to the sidelines being integrated back into playground activity just weeks after Sportwall practice because the system provides a more protected, unintimidating environment at their school. For this purpose, the versatility of the system is essential.
“The number of games and activities that might be used is endless,” Health and Physical Education Supervisor Eileen Dibattista told the Medford High School. “The wall is designed to stimulate the body and the brain simultaneously.” The set up allows for individual activities or team activities when students might compete to attain the highest scores and both traditional game skills and total body conditioning can be accomplished.

“With childhood obesity being the epidemic that it is, I think it is great that this is available for our kids,” said Medford High School Committee member George Scarpelli, also a coach. As for the specific physical benefits of the XerPro, Dibattista said, “The functional training program of the Sportwall XerPro provides a mind and body connection.” In her words, “This is unlike a traditional conditioning program, which focuses on isolated muscle groups.”

Some of the athletic uses Dibattista credits include throwing accuracy through a series of targets, increased arm strength, improved speed, agility, and passing techniques. Body balance, stability, core strength, and coordination can be improved as well by adding other elements, such as agility ladders.

Dibattista summarized her impressions by saying, “It is exciting to provide our students with this additional opportunity. The XerPro enhances our physical education classes by providing a modern and improved delivery model. Technology is what students expect in today’s world.”

Sportwall’s Balanced Programming: Key to Performance & Adherence

While even mild exercise will have a positive effect on our neurochemicals, exact effects vary with the severity of exertion. While exercise at very high intensity and long duration can cause adrenalin levels to become elevated while serotonin levels drop, as long as the body is not over stressed the more demanding the exercise, the better the chances of increasing serotonin production.

Sportwall’s interval training (short-burst-short-rest) regimen, when delivered to groups, is an excellent way to achieve the balance needed to optimize results without over-producing adrenaline or under producing serotonin. Intensity is balanced with recovery during a thirty to sixty minute workout. This may explain why schools that have adopted the Sportwall programs are noticing a significant reduction in aggression and out-of-school suspensions.

Interval training is now well documented to hold the key to maximizing performance. Also called compensation, the body must rest following a period of activity in order to replenish its biochemical sources of energy. Too much stress without recovery increases risk of injury and burnout. Too much rest without stress will lead to atrophy and weakness. Balancing stress and recovery is essential to increasing performance and adherence.

All Sportwall training programs utilize this method of training, a key to its superior adherence and performance results, especially among at risk populations. Inactive people often report that pain is the greatest barrier to adopting an exercise regime. Sportwall’s format of short/intense games, followed by short rest in preparation for the next turn, is believed to be a key factor in successfully encouraging individuals to conquer this “pain barrier”.

The thrill of play and competition, balanced with intermittent rest, holds the player’s focus on the game and not the length of time spent exercising. Add the neurochemical release of “happy hormones” and the drudgery of regular exercise is replaced with the pleasure that play brings.
Summarizing Sportwall’s Position in the Exergame Market

While it can be argued that many of the components discussed in this document can be fulfilled with other programs and training equipment, there is nothing that compares with the Sportwall XerPro and XerTrainer in several areas, which should be critical to consumers.

First, the programming is extremely diverse. It can be tailored to all population groups from children with special needs, both boys and girls, elite athletes, and seniors. Sportwall has the support of educators and researchers for every cohort group mentioned.

Second, the programming does not discriminate with regard to skill level as it meets players at their own abilities. Each player will find it easy to prepare the system for his or her level.

Third, and most importantly, these are programs, which have mainstream appeal. They break through the social barriers and gender stigma found in regular sports. They even engage the traditionally inactive.

The “Energy Cost of Exergaming” study described here shows that Sportwall’s programs can provide appropriate levels of exercise, and more importantly the level of appeal required, for children who traditionally do not want to exercise or are repelled by competitive sports.

Because the structure of the programming involves multiple short games played in teams, there are no permanent winners. Instead, the chance for everyone to succeed is repeated every couple of minutes which incentivizes continual pay. Often, educators have to “pull the plug” to end play.

Since groups can play together or one team can play against another, a high level of camaraderie is quickly built. The combination of rapid skill development along with social connection leaves players inspired with a sense of belonging after each class.

A special note to older generations—today’s computer gamers sense no barriers to overcome as they see Sportwall activity as a game rather than a workout or something done only by athletes. In this way, Sportwall eliminates the “jock” stigma to exercise. Similar to other three-dimensional electronic engineering puzzles, “nerds” like it too.

On the other end of the spectrum, seniors have affirmed that play is for the “kid in all of us”. They report that their mental clarity was sharper for days after participating in a class. Essentially, Sportwall represents a form of time machine. They get to visit the playground again.

Installation convenience: Since the programming is so diverse, facilities have preferred to install the systems in general purpose rooms where everyone can have access to them, rather than dedicating them to a room for a particular group. This way, for example, seniors can use them in the mornings, youth in the afternoons, and adults and athletes in the evenings. An added advantage is that when not in use the systems take up only 4” of depth on a wall, which also helps alleviate the need for a dedicated room.

Instructional growth: When instructors fully engage with the wide range of programming available, they begin to create their own routines and programs. This is when a level of excitement ignites and true believers are born as they discover the limitless possibilities of Sportwall programming. Passive supervisors often become inspired physical educators.

We have developed a wide variety of program manuals designed to get instructors started in their own field of interest, whether for sports training, group exercise classes, or personal training sessions. Using our drills
initially provides a feel for how the process and results come together.

Score Tracking:

An effective way to ensure sustained use is to incorporate score tracking and team competitions. This can be done in two ways: by using the score tracking charts or by encouraging players to post their scores on a social networking site (such as Facebook) along with a video clip of the play to validate the authenticity of the score. Facilities can either dedicate their own page to tracking scores or they can use the company’s official score tracking site. Some facilities also hold competition days where teams challenge each other for the high score of the day in a particular game. Since games average sixty seconds, it is easy to get a lot of action happening quickly.

In our experience new ideas quickly emerge as instructors find themselves easily adapting drills to achieve their desired results. We encourage instructors to share ideas on our blog, http://www.xergames.com/blog/ or on Facebook, http://www.facebook.com on Sportwall XerGames. This way, resources available to both new and experienced users will grow continually.

References

Evidence in this document has been gathered from scientific research, interviews with medical/science professionals, and experienced observations by seasoned trainers who have worked with the Sportwall products and programs in their facilities during the past seven years. For a full list of references.....see.....www.xergames.com......
Chapter 3

Sportwall and NASPE Standards

While the Sportwall XerPro and XerTrainer are recognized as two of the original and most enduring concepts in the category of exergames fitness training products, it is important to note that they differ in a significant way from modified video games that promote physical activity. Instead of simulating play, they actually engage players in a real kinesthetic experience with real tactile activity using real equipment. Success is measured by the ability of participants to keep the game in play as a result of actual performance rather than the simulated type called for in other exergames products. The original goal behind the creation of Sportwall was to create fun short, fast moving, full-body games that engaged the full intensity and focus of the athlete, with results measured via electronically generated scores. Today, this approach has proven successful and continues to incentivize repeated play until mastery takes place.

Sportwall’s original concept has evolved into a wide range of applications, from training high performance athletes to providing highly engaging brain integrated physical exercise for children with special needs. One of the most exciting aspects about the Sportwall programming is its large variety of curriculum/lesson plans that enable instructors to provide programs for every sector of the community. See our web site for curriculum options: http://www.xergames.com/customersupport/bootcamps.html.

Sportwall Conditioning for the Mind and Body – How it works

Sportwall Training is a functional training and fitness program 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 Sportwall 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 mastery of skills and score
- 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

Sportwall’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.

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. Sportwall programs assist in accomplishing this goal by applying the key principal that, while developing their skills and increasing their competence, individuals are more motivated and successful the more they derive enjoyment and satisfaction from movement. Using sophisticated interactive computer technology, Sportwall sessions are based on games that naturally promote fun, social interaction, and exercise in a venue that requires active participation.
People of all ages experience fun associated with movement, and sessions can be customized to provide them with opportunities that enhance social interaction, and allow for developing successful team play. With changing lifestyles, Physical Education teachers face an array of new issues with the kids in the classroom ranging from overactive and underactive youth to higher than ever levels of obesity and diabetes.

The trend toward sedentary lifestyles has not only impacted the amount of exercise children get but also their desire to exercise. Unless an activity is fun, interactive, and offers immediate stimulation in the form of feedback, it tends to not sustain interest. We recognized very early that to be successful at creating fitness training products, we had to offer fitness programs that could be easily adopted by this challenging demographic. This was accomplished by incorporating computer game technology at the core of our programming.

The XerPro/XerTrainer makes training more fun while taking the brain-body connection to a level beyond typical sports in that the games are short, specific, and more intense. Motivation to play for long periods occurs as a new score is established every few minutes. Unlike other computer simulated games where a player pretends to play by holding a device and waving it around, the XerPro/XerTrainer engages the whole body in a real-play game with real equipment. The hands, feet, eyes, ears, and vestibular system are all involved in the activity, producing a computer generated score that is a measurement of true skill, cardio output, and intellectual performance.

The value of the computer generated games is that successive demands are randomly produced, which require the player to stay in-the-now, ignoring any internal or external distractions in order to be prepared for the next step. The XerPro/XerTrainer offers this type of programming and focuses on developing all five core brain areas in the in-the-now state:

- Memory
- Speed, accuracy, reaction time
- Attention, focus
- Problem Solving
- Flexibility

**NASPE STANDARDS**
(National Association for Sport and Physical Education)

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful, physical activity. A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Examples of how Sportwall programming meets NASPE standards:

Standard 1 — Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

- Interactive targets may be hit in numerous ways requiring a variety of functional motor and sports skills and movement patterns using hands, feet, upper, lower and full body.
- Sportwall programming, designed for both large groups and individuals, requires responses to moving targets and returned objects. This elicits motor skills and movement patterns to (1) hit targets, (2) move forward and back, and (3) move laterally.
- Targets of varying size allow for competency to be developed for all ages and ability levels from beginners and special needs through performance athletes.
- Specific physical skills are practiced, including throwing, catching, kicking, tracking, hitting, swinging, running, jumping, skipping, dribbling, crunches, pushups, and balance.
- Specific tools are used, including hands, feet, bean bags, foam noodles, playground balls, medicine balls, and sports balls.
- Interactive scoring and tracking of results motivates students to develop increased competency as they improve.

Standard 2 — Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- Sportwall programming offers a variety of categorized learning experiences requiring different movement concepts, principles, strategies and tactics.
- Sportwall learning experiences include basic motor skills, sports skills, sports strategy and tactics, core strength development, brain games, and more. Specific learning experiences include:
  1. Using different body movements to strike or throw at targets.
  2. Positioning feet, body, and hands in order to achieve desired results in accuracy, placement and returns.
  3. Incorporating strategy and tactics to achieve a rebound that is challenging to opponents while setting up an outcome of a sequential return.
  4. Accomplishing a higher level of cooperative play through strategy, positioning and technique.
  5. Increasing balance through programmed activities using specific devices and challenging drills.
  6. Understanding and applying the benefits of speed, agility, accuracy, focus, and teamwork to achieve success.

Standard 3 — Participates regularly in physical activity.

- Sportwall games encourage regular physical activity by focusing on fun, play, social interaction and team cooperation. Participants are motivated by electronically generated game set-up and scoring.
familiar to the many who play video games, thus helping to eliminate barriers to exercise, as it is related more to play than work.

- Sportwall has been well documented to appeal to traditionally inactive and high BMI participants, rating #1 in enjoyment in a 2011 study from the Archives of Pediatric and Adolescent Medicine (Bailey and McInnes), which measured Sportwall versus traditional exercise as well as other exergames.

**Standard 4 — Achieves and maintains a health-enhancing level of physical fitness.**

- Sportwall programming, designed for both large groups and individuals, requires a variety of health-enhancing activities including cardio development, maintenance of elevated heart rate, intermittent bursts of activity, flexibility and core strength.
- Sportwall’s ability to enhance health is well documented, rating #1 in energy expenditure (metabolic equivalent) in the 2011 study from the Archives of Pediatric and Adolescent Medicine cited above.
- Sportwall activities focus on engaging play versus repetitive fitness drills, increasing the likelihood that participants return, thereby maintaining levels of health-enhancing fitness. This improvement in exercise adherence is well documented.

**Standard 5 — Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- Sportwall group programming engages participants in activities that teach respect through the social interaction and cooperation required to improve performance and results.
- Sportwall encourages instructors to ensure diversity in each team to teach support for teammates of varying levels of ability, social influence and popularity.
- Sportwall has been shown to be less intimidating to individuals, especially those with less natural ability, than by actual sports participation, thereby providing a better chance to develop social skills and self-esteem in a physical activity environment.
- Sportwall use provides personal and social behavior benefits (e.g. Kansas City Schools Study showed a 59% drop in violence related behavioral issues).

**Standard 6 — Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction.**

- Sportwall’s #1 rating for enjoyment evolves, we believe, from participants’ ability to realize the value of the NASPE Standards: improving health, tackling challenges both individually and as a team, and expressing oneself as confidence is gained, all in a social setting that encourages interaction.
- Sportwall activities/games engage participants in play where focus is placed on both individual and team performance.
- Sportwall scores show winners and losers frequently, teaching participants to use the scoring as feedback on the path to improvement rather than a measure of success or failure and giving everyone repeated chances to win and improve.
- Sportwall programming is designed to recognize wins on individual, team, and entire group levels, which significantly enhances an atmosphere of camaraderie.
Additional suggestions:

Peer teaching/coaching – Encourage students to exhibit leadership skills and skill knowledge to help one another learn by completing peer assessments, assisting partners or team members in learning skills, and pairing for assessment tasks involving checklists.

Station work – Use stations to keep the entire class active. Students move through a series of stations that are set up for different tasks as skills, fitness, flexibility, cardio, etc. Incorporate assessment stations so that a group which has mastered an objective can move on to the next skill. Use the Sportwall system as a station and let the time clock set the pace for rotation.

Rotating stations for larger classes – Pre-assess and identify student placement in an established sequence of learning tasks in which students can progress at an individual pace, with assessment for mastery before moving to the next task. This procedure automatically arranges students in small groups, moving to a variety of tasks, each of which may require different equipment and space. Individual instruction is an excellent way for students to assume responsibility for their own learning. Make Sportwall a station and use its time clock to trigger the movement of each group to the next station.

Peer drills – Students can be divided into groups to design new games and drills on the Sportwall system to accomplish desired skills and abilities. Give ten minutes to plan the drill, choose an instructor and test it. Then groups take turns teaching their drill to the rest of the class. Alternatively, each team chooses an existing drill from the training manual and teaches it to the class.

Assessment – Use the Sportwall system to achieve effective student assessment by trying the following:

- Use Sportwall systems to deliver a score after every game and drill, choosing those that will measure specific outcomes. Record the score achieved.
- Use task sheets to keep students accountable.
- Use peer evaluation: one student is active and the other is observing/assessing (see drill manuals).
SECTION 2

Chapter 1
Getting to know your XerTrainer

Groups who want teamwork and fun with as much movement and participation as possible will enjoy the XerTrainer. Up to 8 players can play at each station with a minimum of waiting time. Each player will be “in action” for the majority of playing time. All targets are color coded and include a number and a shape. This is essential in games that are designed to stimulate players to seek out individual numbers, colors or shapes to increase cognitive demand during the game to make decisions under pressure. XerTrainer also includes optional Voice Instruction, which announces each game while scrolling through the options.

- The middle display board will show your game, level, and length of time for each game as you make choices with the remote control or the Program Selector Box. It will then default to the time chosen and will count down seconds as you play a game.
- The first station on your left facing the system becomes training station one. Each training station will keep track of its own individual score.

Recommended Floor Markings

The space in front of your XerTrainer 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 XerTrainer. We recommend taping, painting or incorporating into the existing floor the following pattern:

Ladder should be a minimum of 16’ long and 2’ wide and divided into 2’ squares.
Center each ladder at the base of each Training Station. Place start lines at 5’, 10’, 15’ and 20’.
SECTION 2

Chapter 2
System Settings on Your XerTrainer

SETTING XERTRAINER TO PERFORM AS DESIRED

Power On/Off
The on/off switch is located on the Time-Display Box near the power connect cord. When powering XerTrainer 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. XerTrainer can be programmed for a variety of functions. The option descriptions are as follows:

Volume
There are two volume controls: One for the individual speakers on the stations, and one for the voice instructions and fanfare from the white Speakers.

- How do I increase the volume of the individual speakers on the XerTrainer?
  Press the RED game button until you are on a game. Push the BLUE volume button until you achieve the desired volume.
- How do I increase the volume on the white speakers?
  Push the red game button on the remote until the first digit on the display box is “0”. Then the BLUE Volume button will adjust the volume of the white speakers which are responsible for the voice instruction and the fanfare.

Voice Instruction
Instructors can choose the Voice Instruction option that will provide a short description at the start of each new game. At the conclusion of each game, there will be a fanfare sound and a “Good Job” announcement.

- How do I turn on the Voice Instruction?
  Push the red game button on the remote until the first digit on the display box is “0”. Push the blue volume button to turn on the voice and select the volume you want.
- How do I turn the voice instruction off and still hear the ‘charge’ tune at game end?
  Push red game button until the first digit on the display box is “0”. Push blue volume button until you hear the loudest ‘beep’ then once more to select “mute” on the voice instruction, allowing ‘charge’ tune to play at game end.
Attract Mode
When the system is not in use, intermittent music and sound clips will play after 60 seconds.

- **How do I turn the attract mode off?**
  Push the red remote control button until first digit reads ‘0’ then press the yellow button until the second digit reads “1” (0-1).
- **How do I turn the attract mode on?**
  Push the red remote control button until first digit reads ‘0’ then press the yellow button until the second digit reads “3” (0-3).

Auto-Start Mode

- **I want my XerTrainer to auto-start after each game**
  Press the red remote control button until first digit reads ‘0’ then press the yellow button until the second digit reads “4” (0-4).
- **I want my XerTrainer to only start with the remote control**
  Press the red remote button until first digit reads ‘0’ then press the yellow button until the second digit reads “3” (0-3).

Sleep Mode
XerTrainer may go into a “SLEEP MODE” after 60 seconds with no activity and the station lights will go blank. The time clock will show a dash (-). To exit from sleep mode, press the red button to start a game.

The Program Selector Box
The program selector box located on the wall near the time display box may be used as an alternate to the remote control or for individual workout use. There is a switch located beside the four colored buttons which sets it to the desired mode. Controlled use system can be locked with a key to prevent unsupervised use.
SECTION 3

Chapter 1

Game Rules for the XerTrainer

Game 1 – **RALLY WALL** Great for beginners, relays and long distance play. Score as many points as possible by striking any area on the station within a given period of time. Lights will flash in exciting patterns.
1-1 Each hit will score 5 points.
1-2 Each hit will score 1 point.
1-3 Each hit above the white line will score 5 points, while hits below the white line will deduct 1 point.
1-4 Each hit above the white line will score 1 point, while hits below the white line will deduct 5 points.

Game 2 – **PLAY TUNE** Focus, concentration, rhythm and listening skills.
Score points by playing the lighted target or groups of targets to play a tune. Any mistakes will deduct one point and the song will start over.
2-1 Play a sequential group of targets with the tune ‘Twinkle Twinkle’.
2-2 Play a sequential line of targets with the tune “Take me out to the Ball game’.
2-3 Play sequential single targets that move around the training station.
2-4 Play sequential single targets that move in a figure-eight pattern above the white line. Shots below the white line will deduct 1 point.

Game 3 – **CHASE THE TARGET** Accuracy, focus, concentration and reactions skills. Score as many points as possible by hitting the lighted target or group of targets within a given period of time. After 2 seconds, if a target is not hit, each target will shrink by losing one ring of lights. A fully illuminated ring scores 5 points, one ring gone 4 points, 2 rings gone 3 points, and 3 rings gone scores 2 points.
3-1 Chase a randomly selected group of targets.
3-2 Chase a randomly selected single target.
3-3 Chase a randomly selected group of targets above the white line. Hits below the white line will decrease the score by 1 point.
3-4 Chase a randomly selected single target above the white line. Hits below the white line will decrease the score by 1 point.

Game 4 – **KNOCK THE LIGHTS OUT** Accuracy and concentration.
Knock the lights out by hitting the lighted targets as quickly and as accurately as possible.
4-1 Play the selected targets until all lights are put out. Game ends when all targets are out.
4-2 Play the selected targets until all lights are out. If a target is hit that is already out, that target will reappear and 5 points are deducted.
4-3 Play the selected targets. When down to the last 3 targets the system will randomly light up another target until the last 3 seconds of the game.
4-4 Play the selected targets. When down to the last 3 targets the system will randomly light up another target until the last 3 seconds of the game. If a target is hit that is already out, that target will reappear and 5 points are deducted.
4-5 See Game 4-1 with this addition: Hits below the white line will decrease the score by 1 point.
4-6 See Game 4-2 with this addition: Hits below the white line will decrease the score by 1 point.
4-7 See Game 4-3 with this addition: Hits below the white line will decrease the score by 1 point.
4-8 See Game 4-4 with this addition: Hits below the white line will decrease the score by 5 points for each non-lit target.
Recommended Equipment for XerTrainer

Your XerTrainer 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. Here is the recommended equipment list:

- Air filled regulation athletic balls (tennis, basketball, football, volleyball, soccer ball, 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

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

1. 5” red playground balls
2. 7” yellow playground balls
3. 8.5” blue playground balls
4. 2 lb. medicine ball
5. Beanbag set
6. Foam noodles

What Equipment NOT to use on your XerTrainer

- 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 panels and damage the electronics.
- Regulation cricket balls.
- 3 pounds and greater medicine balls for throwing at the system. (OK to use a heavier medicine ball to TOUCH the targets while holding the medicine ball in your hands).
- Any hard solid plastic implement such as a stick or bat for hitting targets. Use foam noodles.
Group Athletic Training Drills on Your XerTrainer

Group Training Format

XerTrainer Group Athletic classes run 20 – 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. Watch how a XerTrainer workout can get your heart rate up in seconds. Have fun and get instant feedback on how quickly improvement happens.

Suggested Group Fitness Class Formats

1. **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 the individual for instruction, reduce the chance of injury, and set a FUN mood for XerGames Training.

2. **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. Skill development transfers over into the successful completion of life’s every day activities. Categories include speed, agility, balance, hand-eye coordination, and reaction time.

3. **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.

4. **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.

5. **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, navigating agility ladders or dots with hopping, side steps, and bending.

6. **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.

Modes of Play

There are five ways to play run drills on the XerTrainer:

**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 partner up 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 her own ball, and returns to the start line and hands/passes the ball to the next player in line.

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

**Snake:** Entire class stands in front of station 1 on the left at a distance from the system (12’, 20’, or 30’) called the starting line. They run in line to the station 1 perform a task and run back to the starting line in front of the center panel turning towards the system in front of station 2 on the right. Then they run to station two, perform a task at and peel off to the right and return to the starting line in front of station 1 repeating the task at station 1.
Designing a Lesson Plan
Lesson Plan Components for Personal Training, Group Exercise
and Athletic Training Classes

The following menus will help you to design your own XerTrainer Training Program. Take the empty Training template and fill in the blanks with activities from the menus. 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

Date: ___________________ Time: ___________________

WARM-UP: Equipment____________ Game ___ Start Line ___ Mode____________ Seconds____

SKILL: Equipment________________ Game ___ Start Line ___ Mode____________ Seconds____

CARDIO: Equipment_______________ Game ___ Start Line ___ Mode__________ Seconds____

COOL-DOWN: Equipment___________ Game ___ Start Line ___ Mode__________ Seconds____
ADVANCED TEMPLATE — DESIGN YOUR OWN CLASS

Date: ___________________   Time: _________

WARM-UP: Equipment_________________ Game ___ Start Line ___ Mode____________ Seconds____
    •
    •
    •

SKILL: Equipment___________________ Game ___ Start Line ___ Mode____________ Seconds_____ 
    •
    •
    •
    •
    •
    •

CORE STRENGTH: Equipment______________ Game ___ Start Line ___ Mode________ Seconds____
    •
    •
    •
    •
    •
    •

CARDIO: Equipment__________________ Game ___ Start Line ___ Mode____________ Seconds____
    •
    •
    •
    •
    •
    •

SPEED & AGILITY: Equipment__________ Game ___ Start Line ___ Mode___________ Seconds_____ 
    •
    •
    •
    •
    •

COOL-DOWN: Equipment______________ Game ___ Start Line ___ Mode__________ Seconds_____
    1)     2)     3)
Basketball Warm-up

Objective: Warming up leg muscles in anticipation for vigorous activity.

Equipment: XerTrainer

Game - Level - Time: Game 1 - Level 4 - Time 60 seconds

Organization: Divide players into equal and diverse groups in front of the XerTrainer. Players start on the 20' or further line.

Activity: First Player runs up to the station and stops with a two-footed hop, planting both feet firmly. Player then squat-jumps as high as possible and hits the station for a point. Player lands firmly on two feet and turns to the left or right and runs back to the start line. Next Player begins when first Player is across the start line. Play continues until time expires.

Activity Variation: Have players take off with different styles such as one-foot, with a spin, or off of a double hop.

“Our leg muscles should be full of blood now and ready to do some serious work. Exercise also warms up our brains and prepares us to make decisions within a game.”

Cool Down Tunes

Objective: Cool down using rhythm

Equipment: Noodles

Activity level 1: Set XerTrainer to Game 2 level 3 - Time 240 seconds

Organization: Player stands at their training station with noodle in hand. Player strikes the lighted target to play part of the tune. Player continues to strike the chosen target to play the tune with a steady rhythm. Play ends when time expires. The goal is to play the tune with rhythm and this is not a race, but a cool-down

Activity Team level: Have each team stand in front of their station, about 10’ back. Player 1 steps up to the station with noodle in hand. Player strikes the lighted target to play part of the tune. Player continues to strike the targets until tune is complete. Player then hands the noodle to the next Player in line and they begin the tune. Player continues with players changing places until time expires.
Forwards/Backwards

Objective: A warm-up in preparation for vigorous activity

Equipment: XerTrainer

Activity level 1: Set XerTrainer to Game 2 level 3 - Time 60 seconds

Organization: Player jogs up to the station and knocks out selected target to play a tune. Player then shuffles BACKWARDS to the start line. Player repeats and continues until time expires.

Stress the fact that this is a warm-up and not a race

Activity Team Level: Two teams, one at each station. First Player jogs up to the station and knocks out the selected target to play a tune. Player then shuffles BACKWARDS to the start line and next Player begins. Play continues until time expires. Stress the fact that this is a warm-up and not a race.

Cross Over Warm-Up

Objective: Warm up arm muscles

Equipment: Foam/Plastic Baseball Bats

Organization: Player stands in front of station with one bat in each hand

Activity: Player reaches to selected target to put the light out. Player uses left hand for right side targets and right hand for left side targets. Use both hands to put center light out. Play continues until time expires.

Activity Variation: Set system to Game 4-1 and when all 7 targets are out, then game is over.

Run and Jump to Score!

Objective: Players will warm up their bodies and minds while having fun.

Equipment: XerTrainer

Game - Level - Time: Game 1 - Level 1 - Time 60 seconds

Organization: Divide players into equal groups in front of XerTrainer. Players start on the 20’ line.

Activity: Players start on the 20 foot line. First Player runs up to the XerTrainer and hits the wall with hands to score 5 points. First Player then runs back to the start line and touches the next Player in line and he starts up to the XerTrainer. Players can use their hands, feet, and body to score the 5 points on the station. Encourage players to try different things each time they run up to the station.

Activity Variation: Instructor calls out a movement or body part to use while the relay is in progress to add listening skills to the game.

“We are going to wake up your brain and your body with a fun relay race between your teams”
Squat Jump Warm-Up

**Objective:** Team warm up - leg muscles in anticipation for vigorous activity

**Equipment:** XerTrainer

**Activity level 1:** Set XerTrainer to Game 1 level 4 - Time 60 seconds

**Organization:** Have each team stand 20’ away from their station. First Player runs up to the station and stops with a two-footed hop, planting both feet firmly. Player then squat-jumps as high as possible and hits the station anywhere for a point. Player lands firmly on two feet and turns to the left or the right and runs back to start line. Next Player begins when first Player is across the start line. Play continues until time expires.

**Activity level 2:** Same as level 1 except make it FUN. Players can hop, skip, and dance up to the training stations and can score points with feet or hands.

Team Snake Warm-Up Cool-Down

**Objective:** Warm up drill

**Equipment:** Noodles

**Game - Level - Time:** Game 4 - Level 3 - Time 60 to 120 seconds

**Organization:** Have all players line up at the 20 foot line of station 1 on the left. Place a noodle 20 ft out at each station

**Activity:** First Player picks up the noodle, runs up to the XerTrainer, and hits the selected target. Player 1 runs back to the start line and hands the noodle to the next in line. Player 1 then runs to start line of XerTrainer station 2, picks up noodle at the 20 ft line and runs to station to hit selected target while Player 2 starts up to XerTrainer station 1 and returns it to Player 3. Player 1 returns from station 2 and hands noodle 2 to Player 2 and runs to start line of station 3. Now Player 1 is running to station 3, Player 2 is running to station 2 and Player 3 is running to station 1. Eventually the entire group is snaking its way through all of the stations and ending up in line in front of station 1. Play continues until time expires or until the entire group is standing in front of the start line of station 1.

*“By raising your heart rate you fed your brain needed oxygen and nutrients while also warming up your muscles for more activities”*
Tennis Warm-Up

Objective: Team warm up for tennis

Equipment: XerTrainer

Activity level 1: Set XerTrainer to Game 1 level 1 - Time 60 seconds

Organization: Have each team stand 20’ away from their station. One tennis ball for each team and each player will have their own racquet. First player balances the tennis ball on the strings of their racquet and walks as quickly as they can up to the station. Player must concentrate on keeping the tennis racquet parallel to the ground and the ball on the strings. Player will touch the wall for 5 points and turn around and head back to the start line. When he reaches the start, he will transfer the ball to the next player’s racquet by using the racquets only. The next player then proceeds quickly to the training station to score points. Game continues until time expires.

Activity level 2: Game 3 - level 2 .Same as level 1 except for players will have to locate the single lighted target to touch for points.

Activity level 3: Game 4 - level 3 .Same as level 1 except for players will have to locate and knock out 3 lighted targets before they proceed back to the start line.

Tennis “Ups and Downs”

Objective: Team warm up for tennis

Equipment: Tennis balls

Activity level 1: Set XerTrainer to Game 1 level 1 - Time 60 seconds

Organization: Have each team stand 20’ away from their station. One tennis ball for each team and each player will have their own racquet. First player bounces the ball up off of their racquet as they proceed to the station. Player must concentrate on keeping the tennis ball moving up and down on the strings without losing control and having the ball hit the ground. Player will touch the wall for 5 points and turn around and head back to the start line. When he reaches the start, he will transfer the ball to the next player’s racquet by using the racquets only. The next player then proceeds quickly to the training station, using tennis “ups” to score points. Game continues until time expires.

Activity level 2: Game 3 - level 2 .Same as level 1 except for players will have to locate the single lighted target to touch for points.

Activity level 3: Game 4 - level 3 .Same as level 1 except for players will have to locate and knock out 3 lighted targets before they proceed back to the start line.

Activity level 3: Game 4 - level 3 .Same as above levels except the players use “downs”. Players will hit the ball down to the floor and back up to the racquet on the way to the training station.
Throw and Catch Warm-Up

**Objective:** Warm up drill

**Equipment:** Playground balls

**Game - Level - Time:** Game 1 - Level 4 - Time 60 to 120 seconds

**Organization:** Divide players into equal and diverse groups at the 20 foot line

**Activity:** First Player throws ball to the XerTrainer then steps out of the way so the next Player in line can catch the rebound. Next Player throws and steps out of the way and so on. Play continues until time expires.

“We always need to warm our large muscle groups up before any vigorous activity such as a basketball game. This is a fun way to get our blood moving to those leg muscles.”
Chapter 2
Baseball/Softball/Cricket Drills

Baseball Chase

Objective: Fielding improvement and throwing accuracy

Equipment: Baseball mitt, practice ball

Activity level 1: Game 3 level 3 - Time 45 seconds

Organization: Player stands at 20’ line with mitt and baseball in hand

Players throw and catch to a randomly selected target group. Hits below the white line will deduct 1 point.

Activity level 2: Set XerTrainer to game 3 level 4. From the 20’ line players throw and catch to a randomly selected single target. Hits below the white line will deduct 1 point

Activity level 3: Set XerTrainer to game 3 level 1. From 30’ line Player throws to lighted groups of targets then catches rebound. All 7 targets are in play. Game will end when time expires.

Activity level 4: Set XerTrainer to game 3 level 2. From 30’ line Player throws to lighted single targets then catches rebound. All 7 targets are in play. Game will end when time expires.

Activity Team level: Players use above activities but from teams at each training station, about 30’ out. First Player throws to target and catches rebound then hands ball to next Player in line. Next Player repeats and game continues until time expires.
Baseball Knee Down Drill

Objective: Fielding improvement and throwing accuracy

Equipment: Baseball mitt, practice ball

Activity level 1: Game 1 level 1 - Time 30 seconds

Organization: Player starts at the 20’ line with same knee down as the throwing arm. First Player throws anywhere on the station for 5 points. Player catches rebound and keeps throwing until time expires. Rotate players.

Activity level 2: Set XerTrainer to game 1 level 2. Players throw from the 30’ line and each hit to the station scores 1 point.

Activity level 3: Set XerTrainer to game 1 level 4. Players throw from the 20’ line with the same knee down as the throwing arm. Players score 1 point for every hit above the white line. Hits below the white line deduct 5 points

Activity level 4: Set XerTrainer to game 3 level 2. Players throw from the 30’ line with the same knee down as the throwing arm. Players will be throwing to a randomly selected, single target.

Activity Team level: Set time to 120 seconds. Players follow above instructions with each Player making 3 throws and then passing the ball to the next Player in line. First Player then moves to the end of the line and play continues until time expires.

Outfield Long Arm

Objective: Improve arm strength and accuracy for throwing long distances and catching

Equipment: Glove, practice ball

Activity level 1: Game 1 level 1 - Time 45 seconds

Organization: Player stands at 30’ line with glove on and ball in hand. When game begins, the Player will throw the practice ball hard bouncing it off the ground and having it hit anywhere on the station. Player will run and catch/retrieve the ball, return to the 30’ line and repeat the exercise. Game ends when time expires.

Activity level 2: Set XerTrainer to game 1 level 3. From the 30’ line players will throw the ball hard, bouncing it off the ground so that it hits the XerTrainer above the line. If ball hits below the white line, 1 point will be deducted.

Activity level 3: Set XerTrainer to game 3 level 1. Players will throw the ball, bouncing it off the ground so that it hits a selected group of targets on the XerTrainer.

Activity Team Level: Players use the above activities but form teams at each training station, about 30’ out. First Player throws to the training station and retrieves the rebound then hands/tosses the ball to the next Player in line. Next Player repeats and game continues until time expires.
Baseball Fielding Drill

**Objective:** Throwing accuracy and fielding improvement

**Equipment:** Glove, practice ball

**Activity level 1:** Game 4 level 1 - Time 30 seconds

**Organization:** Player stands at 20’ line with mitt and practice ball in hand. Player throws at lighted targets and catches the rebound with mitt. Player repeats for each of the 7 lighted targets. Game ends when all targets are knocked out.

**Activity level 2:** Set XerTrainer to game 4 level 2. Player stands at 20’ line and plays as above. If players hit a target that has already been extinguished, the target will reappear and Player will lose 5 points. Game ends when all targets are knocked out.

**Activity level 3:** Set XerTrainer to game 4 level 5. Player stands at 20’ line and throws at lighted targets that appear above the white line only. Hits below the white line will decrease the score by 1 point. Game ends when all 5 above the line targets are knocked out.

**Activity level 3:** Set XerTrainer to game 4 level 6. Player stands at 20’ line and throws at lighted targets that appear above the white line only. If Player hits a target that has already been extinguished, the target will reappear and the Player will lose 5 points. Hits below the white line will decrease the score by 1 point. Game ends when all 5 above the line targets are knocked out.

**Activity Team Level:** Set XerTrainer to game 4 level 3. A team of players line up at each training station, each with a mitt. First Player throws the ball to a lighted target and lets the next Player in line catch the rebound. Next Player throws to the next lighted target and so on. When down to the last 3 targets the system will randomly light up another target so the game will continue until time expires. If you want to use the above the white line targets only, set the XerTrainer to game 4 level 7.
Chapter 3
Basketball Drills

Bounce Pass Bonanza

Objective: Improve passing skills and coordination
Equipment: Basketball

Activity level 1: Set XerTrainer to Game 3 level 4 - Time 60 seconds
Organization: Have players stand 10-15’ away from station with their basketball. When game begins, they chase the targets above the line with the basketball. For targets 1, 4, and 6 (the middle 3 targets), they must bounce pass the ball. For targets 5 and 3, they must do a chest pass. For each hit below the line and off target, they lose one point.

Activity level 2: Set XerTrainer to game 3 level 4. Same as level 1, except players must pass from 20’ away.

Activity level 3: Set XerTrainer to game 3 level 4. Same as level 2, except now players must pass from 20’ away and the top two targets must be hit with a bounce pass.

Activity level 4: Set XerTrainer to game 3 level 4. Same as level 3, except now players must jump and perform the pass at the same time.

Activity Team level: Set XerTrainer to game 3 level 4. Increase timer to 120 seconds. Make a relay out of the above directions. Players line up at 20’ line at each station and take turns until timer stops. The team with the most points wins!

Dribbling Mania!

Objective: Improve speed, agility, and ball control.
Equipment: Basketball

Activity level 1: Set XerTrainer Game 3 level 2 - Time 45 seconds
Organization: Have players line up at 20’ line with the basketball. Player dribbles towards the station as quickly as possible while still maintaining ball control. Player will knock out a randomly selected single target by holding the basketball in both hands and striking the XerTrainer. Player dribbles back to the starting line, tags line with the ball, and repeats the exercise. Game ends when time expires.

Activity level 2: Set XerTrainer to game 4 level 3 - Time 120 seconds. Same set up as level 1. Player will be knocking out single targets for 5 points each. 3 targets will always be lighted. Game ends when time expires.

Activity Team level: Set XerTrainer to game 4 level 3 - Time 120 seconds. Same set up as level 2, except run as a relay race for the entire team. Teams line up in front of each station and first Player has the ball. Team with the most points when time expires, wins!
Dribbling Skills

Objective: Continuously dribble a basketball while moving, without losing control.

Equipment: Basketballs, large playground balls, cones

Game - Level - Time: Game 4 - Level 3- Time 60 to 120 seconds

Organization: Divide players into equal and diverse groups at the 20’ line in front of each station, one ball for each station. Place one cone at the start line and one at around 5’, the passing line.

“When are going to practice a basketball skill while improving our motor coordination. By moving all our body parts while trying to hit a specific target, we must have motor coordination.”

Activity: Player 1 steps up to the start line with a basketball and dribbles up to the cone. Player makes a two foot jump stop and then chest passes to a lighted target. Player catches the ball and dribbles back to the start line and hands the ball to the next Player in line. Focus on keeping the dribble under control.

When retrieving a lost ball the Player must dribble it back to the start line to hand it to the next in line.

Activity Variation: Dribble with the non dominant hand. Vary the time and speed to make it more of a cardio workout.

Lay Down and Dribble

Objective: Improve ball handling skills with right and left hand.

Equipment: Basketball

Game - Level - Time: Game 1 - Level 1- Time 45 seconds

Organization: One Player and one basketball at each station.

Activity: Player lies down on her back in front of the station with ball in hand. Player dribbles the ball on her left side 10 times. Player sits up and then chest passes the ball to the station 10 times. Player lies back down and dribbles the ball on the right side 10 times. Player sits up and then chest passes the ball to the training station 10 times. Play continues until time expires. This can be a two person activity with the partner assisting the dribbler with runaway basketballs.
Cardio Dribble

**Objective:** Cardio work while improving dribbling skills.

**Equipment:** Basketball

**Game - Level - Time:** Game 4 - Level 3 - Time 120 seconds

**Organization:** Divide players into equal and diverse groups at the 20’ (or more) line in front of each station, one basketball for each team.

**Activity:** First Player dribbles the ball while moving to the station as quickly as possible. Player does not pick up the dribble but reaches out and taps a selected target for 5 points. Player turns and dribbles quickly back to the start line and hands the ball to the next in line. Player must HAND the ball to the next in line for his points to count. Next Player dribbles the ball quickly to the training station and taps the selected target.

“We did some work on our motor coordination. We use our coordination for all of our daily activities. This is just one fun way to improve.”

Power Pass

**Objective:** Improve Player’s chest passing power, distance and control for cross court passes

**Equipment:** 2 lb. medicine ball

**Activity level 1:** Set XerTrainer to Game 1 level 3 - Time 30-45 seconds

**Organization:** Have players line up at 15’ line in front of each panel. Players must perform a chest pass (without a bounce) at the panel above the line. They must pass hard enough to get the medicine ball to return to them.

**Activity level 2:** Set XerTrainer to game 3 level 3. Same organization as level 1, except now players must chase a randomly selected group of targets above the line.

**Activity level 3:** Set XerTrainer to game 3 level 4. Same organization as level 1, except now players must chase a randomly selected target above the line.

**Activity level 4:** Set XerTrainer to game 3 level 4. Have players stand at 20’ line and perform the actions in level 3.

**Activity Team level:** Set XerTrainer to game 3 level 4 - Time 120 seconds. Divide team into equal groups and line them up at 15’ line. Have each Player take a turn passing the ball and running to the back of the line. The next Player in line retrieves the ball from the previous pass. The team with the most points wins.
Balance and Pass it!

Objective: Improve balance, full body control, and chest passing skills

Equipment: Basketball, Wobble Ball or BOSU Ball

Activity level 1: Set XerTrainer to Game 1 level 3 - Time 45 seconds

Organization: Have Player stand at 5’ line on the BOSU or wobble ball with basketball in hands. To start the game, Player performs a powerful chest pass to any target above the white line, and then catches the ball before it bounces and repeats the action as quickly as possible until the time expires.

Activity level 2: Set XerTrainer to game 3 level 3. Same set up as level 1, except now Player must chase a randomly selected group of targets above the white line from 10’ line.

Activity level 3: Set XerTrainer to game 3 level 4. Same as level 2, except now Player must chase a randomly selected single target above the white line.

Activity level 4: Set XerTrainer to game 3 level 4. The Player must now perform the chest pass from the 15’ line, chasing a randomly selected single target above the white line.

Activity Team level: Set XerTrainer to game 3 level 4 - Time 120 seconds. Have players line up at 10’ line and take turns performing the action in level 1. They will sprint to retrieve the ball from the shot before theirs, return to the BOSU or wobble ball and shoot again.

Partner Passing

Objective: Practice passing while moving with a partner.

Equipment: Basketball

Game - Level - Time: Game 3 - Level 1- Time 240 seconds

Organization: Divide players into equal and diverse groups at each station. Have groups stand as far away from the XerTrainer space allows. Place a cone or mark at 10’ in front of each station.

Activity: First two players stand 5’-10’ apart, facing each other. Players pass the basketball back and forth while side shuffling towards the station. When players reach the 10’ cone they both stop and face the station. Each Player must pass the ball to the selected target for points, and then they may return to the start by repeating the passing drill. Next two players in line begin. Play continues until time expires.

Activity Variation: For a strength workout, use a medicine ball in place of a basketball.

“Our brains get a workout when they have to think under pressure. We are going to exercise our brain while we have some fun playing a one-on-one game of basketball.”
Assist, or Take the Shot?

**Objective**: Improve ball coordination, passing, and shooting ability.

**Equipment**: Basketball

**Activity level 1**: Set XerTrainer to Game 3 level 2 - Time 60 seconds

**Organization**: Players line up at 15’ line in front of their station with basketball in hand. The object of the game is to practice reacting to a situation where a Player is to choose whether to assist or take a shot. The Player chases a randomly selected target across the panels. If the target is on the top row, they will shoot the ball as if shooting at the basket. If the target is anywhere else on the board, they must perform a quick pass to the target. Each time the ball bounces off of the wall, the Player must sprint to get it and return to the 15’ line to take the next shot.

**Activity level 2**: Now the Player stands at the 20’ line and performs the drill. This simulates the action from the 3-point line.

**Activity level 3**: Have players use a 2 lb. medicine ball to work on hand/arm strength and endurance

**Activity Team level**: Set XerTrainer to game 3 level 2 - Time 120 seconds. Same organization as level 2, except have team line up and each take turns retrieving the shot taken by the previous Player, then shooting or passing at the targets.

Right and Left Hand

**Objective**: This drill improves ball handling skills with both hands.

**Equipment**: Basketball

**Game - Level - Time**: Game 1 - Level 4 - Time 30 seconds

**Organization**: One Player with one basketball in front of each station.

**Activity**: Player has basketball in one hand to begin. Player tosses basketball to XerTrainer, anywhere above the white line for one point. Player catches the basketball with the opposite hand and immediately tosses the ball back to the station. Player continues to toss the basketball, alternating hands, until time expires.

**Activity Variation**: For a strength workout, use a medicine ball in place of a basketball.

“Your brain will learn faster and better with practice and challenge. You just got a workout with both your body and your brain while having fun!”
One-on-One Basketball

Objective: Play a two-person game that involves basic offensive and defensive strategies.

Equipment: Basketball

Game - Level - Time:
Game 1 - Level 3 - Time 120 seconds

Organization: This is a two-Player activity. Have players get into partners and have one partner and one ball in front of each Station.

Activity: Player with the ball has to try and hit the station above the white line with the basketball to score 5 points. The partner is on defense and must try to stop his partner from scoring with the basketball. Traveling is not allowed but the Player may pick up the ball to start and stop the dribble. Foul rules from basketball apply. Player 1 stays on offense for the entire time while Player 2 always stays on defense. After time is up, players can change positions and start a new game.

Activity Variation: Play two-on-two with 2 stations as targets. You can also use game 3-4 (advanced) and the scoring area is reduced to a single target above the line only.
Chapter 4
Boxing Drills

Objective: Punch at random, moving targets with boxing gloves to score points.

Equipment: Light boxing gloves or speed bag gloves

Game - Level - Time: Game 4 - Level 3- Time 30 to 45 seconds

Organization: Divide players into equal and diverse groups in front of each station. Each station will have one pair of boxing gloves available.

“We are going to relieve some stress today! Are you ready to “punch” some targets? Let’s see how fast you can find the moving targets”

Activity: Player 1 steps up to station and puts on the boxing gloves. Player starts by punching a lighted target with one hand then punching another target with the other. Player keeps alternating hands to targets until time expires.

Activity Variation: Player punches targets on the left side of the station with the right hand, the targets on the right side of the station with the left hand, and the center target can be both hands.

Activity Variation: Set remote to Game 2 – Level 2 and punch the targets out while playing a tune. This brings listening into the activity and players must have the patience to keep the flow of the tune going. Not too fast and not too slow.

“That was a positive way to take out some stress. We have to remember to take time out during our day to let off some of our stress and anxiety. Sportwall is a great way to do that!”
Chapter 5
Football Drills

Objective: Throwing a football then tracking its rebound to retrieve the football.

Equipment: Passback footballs or nerf football

Game - Level - Time: Game 3 - Level 1 - Time 45 seconds

Organization: Divide the players into equal and diverse groups in front of each station.

“Throwing and catching helps the eyes track better therefore it will help you read more efficiently!”

Activity: First Player steps up to the throw line with a nerf football. Player throws football to lighted target. Player must then track the ball as it rebounds off the wall, retrieve the ball and get back to the throw line to throw again. First Player continues until time expires. Focus on proper throwing form and getting your body in front of the rebounding ball.

Activity Variation: Set time at 120 seconds. Have teams play as a relay with the next person in line catching the first Player’s rebound.

“We gave our eyes a workout and also our hands and feet. When our bodies work together we remember things more easily.”
Chapter 6
Soccer Drills

Soccer Warm-Up

Objective: General Conditioning or warm-up

Equipment: Soccer balls

Activity level 1: Game 1 - Level 1 - Time 45 seconds

Organization: Player stands in front of a station with a soccer ball at his feet. Player kicks the ball to anywhere on the training station to score 5 points.

Activity level 2: Set XerTrainer to game 1 level 3. Players must now shoot above the white line to score 5 points and will lose 1 point for shots below the white line. This is good for practicing volley shots and headers.

Activity level TEAM: Use Individual game and level settings above. Have a team of players lined up in front of each training station with one soccer ball per team. First Player will kick the ball to the XerTrainer, retrieve the rebound and pass off to the next Player in line. Set the time for 120 seconds or more for team play.

Dribble Sprints

Objective: Individual Conditioning

Equipment: Soccer ball

Activity level 1: Game 4 - Level 1 - Time 30 seconds

Organization: Place a cone or marker 20’ out from each station. Player starts at this cone with a soccer ball. Player sprint dribbles up to the XerTrainer and knocks out a lighted target with their hand. Player then sprint dribbles back to and around the cone then back up to the XerTrainer to knock out another light. Game ends when all 7 lights are knocked out.

Activity level 2: Set XerTrainer to game 4 level 3 for continuous play and set time to 45 or 60 seconds. 3 targets will always stay lit and game will end when time expires.

Activity level 3: Same as 2nd level but move cone to 30’ out and set the time at 120 or 180.

Activity level TEAM: Use Individual game and level settings above. Have a team of players lined up in front of each station. First Player in line has a soccer ball at his feet. First Player dribbles up to station and knocks out a lighted target with their hand, then dribbles back to cone and lays ball off to next Player in line. First Player goes to the end of the line and game continues.
Goal keep Drills

**Objective:** This drill is to reinforce the idea that the Goal Keeper should never land on his elbow when making a dive.

**Equipment:** Soccer ball

**Game - Level - Time:** Game 1 - Level 1 - Time 45 seconds

**Organization:** One Player with one ball in front of each station at the 5 ft. line.

**Activity:** Player squats with ball in both hands in front of the XerTrainer. Player passes the ball to the wall and when he catches it, he drops his right hip to the ground, followed by his shoulder. Other than the shoulder, the rest of the arm should not be touching the ground. Player gets back on his feet, passes the ball to the station and then drops his left hip to the ground, followed by his shoulder.

Jump Catches – Goal Keeper

**Objective:** Goal keeper warm up

**Equipment:** Soccer ball

**Activity level 1:** Game 3 - Level 1 - Time 30 seconds

**Organization:** Pairs. One Player stands off to the side of the station with soccer ball and will be facing the Goal Keeper. GK stands centered in front of TS at 20’ out. Player holding the ball will be the server. Server tosses the ball about cross-bar high in front of the goal keeper. Goal keeper leaps to catch the ball and lands with ball secure. If an upper group of targets is lighted, the Goal keeper immediately punts the ball to knock it out. If a lower group of targets is lighted the goal keeper rolls the ball to knock out the target. Goal Keeper retrieves the ball and sends it back to the server. Play continues until time expires. Server and Goal Keep trade places and begin again.

**Activity level 2:** Set XerTrainer to game 3 level 2. Player is chasing a single random target. Goal keeper will return the ball with a punt to the upper single targets and will roll the ball to the two lower targets.

**Activity level 3:** Set XerTrainer to game 3 level 4. Player is chasing a random, single target which will appear above the line only. Goal Keeper will punt the ball each time.

**Activity level TEAM:** Use Individual game and level settings above. Have a team of players lined up in front of each training station. First Player takes the soccer ball and stands by the outside of the station, facing the team. Server tosses ball to first Player in line who will punt or roll the ball to a target. Player retrieves rebound and moves to the server position while the server will move to the end of the line.
One Hand Alternating catches – Goal Keeper

Objective: Goal Keeper warm up

Equipment: Soccer ball

Activity level 1: Game 1 - Level 5 - Time 45 seconds

Organization: Player stands 5 to 10’ back from the station with soccer ball in the right hand. Player tosses the ball to any area above the line with her right hand and catches the rebound with the left hand. Player keeps alternating until time expires. The goal is quick catches and releases using one hand only.

Activity Level 2: Set XerTrainer to game 4 level 3. Player will toss soccer ball to single upper and lower targets. 3 targets will always stay on and game ends when time expires.

Activity Level 3: Set XerTrainer to game 3 level 2. Player will follow a randomly selected single target that may appear anywhere on the XerTrainer. Game ends when time expires.

Activity Level 4: Try any of the above levels using a 2 pound medicine ball. This brings a strength and fatigue factor into the workout.

Activity Level TEAM: Try any of the above levels with a team of players lined up at each station. First Player will toss and catch the ball, one handed, to 3 targets for points. Player then hands the ball to the next in line and Player 1 moves to back of line. Play continues with each Player scoring 3 targets for their turn. Play ends when time expires.

Stork (ball taps)

Objective: Ball taps warm up

Equipment: Soccer ball, cone

Activity Level 1: Game 1 – level 1 - Time 60 seconds

Organization: One Player stands at cone about 20’ out from center of XerTrainer with soccer ball. Player lightly taps the ball with alternating feet using the soles of the foot on top of the ball. With each step he should be coming down on toes first, then heels. Player performs 10 taps then shoots the ball to XerTrainer for 5 points. Player receives the rebound, moves it back to the start cone and does 10 more taps then another shot. Play continues until time expires.

Activity Level 2: Set XerTrainer to game 3 level 1 for 60 seconds. Player does 10 taps then shoots the ball to the lighted group of targets. Player receives the rebound, moves it back to the start cone and does 10 more taps then another shot. Play continues until time expires.

Activity Level 3: Set XerTrainer to game 4 level 1 for 120 seconds. Player does 10 taps then shoots the ball to the lighted single target. Play continues until all targets are knocked out.

Activity Partner or Team: Use Individual game and level settings above. Have a team of players lined up in front of each station. First Player performs 10 (or any number) taps then shoots and retrieves the ball to pass it to the next in line. First Player moves to the back of the line and play continues until time expires. Set time for 180 or 240 seconds.
**Throw-Ins**

**Objective:** Throw-Ins skill practice

**Equipment:** Soccer ball, flat cones or markers

**Activity Level 1:** Game 1 - Level 1 - Time 30 or 45 seconds

**Organization:** Player stands at 30’ out from the middle of the training station. Player has a soccer ball in hand. Player with the ball performs a legal throw in towards the training station. Player will score 5 points for each hit above the line. Player catches the rebound and repeats until time expires.

**Activity Level 2 “Above the Line”:** Set XerTrainer to game 1 level 4. Each throw-in above the white line will score 1 point while hits below the white line will deduct 5 point.

**Activity Level TEAM:** Use Individual game and level settings above. Have a team of players lined up in front of each training station. First Player performs a legal throw-in, rebounds the ball and hands it to the next Player in line. First Player moves to the end of the line.

**Throw-Ins – Trap – Shoot**

**Objective:** This drill is to practice throw-ins, trapping and shooting

**Equipment:** Soccer ball

**Game - Level - Time:** Game 1 - Level 1 - Time 60 seconds

**Organization:** One Player in front of each station at the 20’ line or beyond.

**Activity:** Player does a running throw-in to the XerTrainer. When the ball rebounds the Player will trap the ball and then shoots towards the training panel for a goal. Player traps the rebound, picks up the ball and returns to the 20’ line for another round.
Throw-Ins – Strength Work

Objective: This drill is to improve the strength and distance for throw-ins.

Equipment: 2 lb. medicine ball

Game - Level - Time: Game 3 - Level 1 - Time 30 seconds

Organization: A single Player for each station.

Activity: Player throws medicine ball to lighted target area with correct throw-in form. Player picks up the rebound and repeats until time is complete. Emphasis is on proper form and time for technique. Move Player further back appropriate to age group.

Throw-Ins – Upper Body

Objective: This drill is to reinforce basic upper body throw-in movement.

Equipment: Soccer ball

Game - Level - Time: Game 1 - Level 3 - Time 30 seconds

Organization: A single Player for each station.

Activity: Player sits in front of the station, about 3’ back, in a sit-up position. Starting from the down position, Player holds ball in both hands over his head. Player sits up and throws the ball to the area above the white line for points. Player catches rebound and lowers back to the ground. Player repeats until the time is complete. Emphasis is on coordinating back, head, and arm motion. Move players further back as appropriate for their age group.

Fast Break

Objective: Improve Goalie and Offensive players skills by simulating a fast break scenario.

Equipment: Soccer Ball

Activity Team level: Game 1 level 1 - Time 60 seconds

Organization: Have players line up at the 30’ line with ball and have the goalie stand about 5’ from the center panel facing the team. Each Player will take a turn running and shooting on the goalie as he tries to defend all three panels.
Wall Passes/Beginning Juggling

**Objective:** This drill is to help beginners learn the basics of juggling the ball.

**Equipment:** Soccer ball

**Game - Level - Time:** Game 1 - Level 2 - Time 60 seconds

**Organization:** One Player in front of each station with a ball.

**Activity:** Player drops the ball in front of them, either letting it bounce or if they can, kicking it before it bounces. Player does “wall passes” to the station. Encourage the players to keep the ball in the air.

Hard Core Juggling

**Objective:** Improve juggling coordination and strength.

**Equipment:** 2 lb. Medicine Ball

**Activity level 1:** Set Xer Trainer to Game 1 level 1 - Time 60 seconds

**Organization:** Have Player stand at 10’ line with the medicine ball at their feet. The objective is to juggle the ball off of the Xer Trainer. They can only hit the ball with their knee, inside and top of the foot (no heading or toe kicking).

**Activity level 2:** Set Xer Trainer to game 1 level 5. Same organization as level 1, except now Player must juggle only above the wall.

**Activity level 3:** Set Xer Trainer to game 3 level 1. Same organization as level 1, except now Player must juggle only off of a randomly selected panel of targets.

**Activity level 4:** Set Xer Trainer to game 3 level 6. Same organization as level 1, except now Player must juggle only off of a randomly selected triangle of targets.

**Activity Team level:** Set Xer Trainer to game 1 level 1 - Time 120 seconds. Players line up on 15’ line.

Each Player takes turns retrieving the ball after the previous Player juggles it off of the wall. After their turn, they run to the back of the line. The game ends when time expires.
Soccer Skills

**Objective:** Kick and trap and soccer ball with you feet and body.

**Equipment:** Soccer balls

**Game - Level - Time:** Game 1 - Level 1 - Time 60 seconds

**Organization:** Group the players into teams equally in front of the stations, one ball per station. NO hands allowed on this one! Players start on the 12’ line.

“Kicking a ball helps to improve your motor coordination which can help you with your reading and math skills. Crossing your midline by kicking helps organize your brain which also helps your reading and math.”

**Activity:** Player 1 begins with the ball at 12’ line. Player kicks the ball to the station and traps the rebound with the foot or body. The ball can hit anywhere on the panel to score 5 points. Player then goes to the back on the line and the next Player kicks the ball to the station for 5 points. Play continues until time expires.

**Activity Variation:** Set the system to game 1 - level 4. Now the ball will only score 1 point if it hits ABOVE the white line. Have the advanced players work on their punting or chipping skills either with a soccer ball or a football.

“We had some fun with soccer and at the same time we worked on our coordination. What kind of every day movements require us to have good coordination?”

Best Foot Forward

**Objective:** This drill is to practice efficient foot work from all positions.

**Equipment:** Soccer ball.

**Game - Level - Time:** Game 1 - Level 1 - Time 45 seconds

**Organization:** Divide players into groups in front of each station, one ball on the 15’ line.

**Activity:** Players start at the 20’ line or beyond. Have the players start with different foot positions. For instance use:
- right foot forward
- left foot forward
- sideways on (use drop step or power step to turn)
- backwards
- off a jump
- lying on stomach
- lying on back
- off a shove or hold from next Player in line

**Activity Variation:** Player starts from indicated position and kicks the ball to the wall for points. Player traps the ball and settles it at the 15’ line for the next Player in line.
Relay Foot Work

**Objective:** This drill is to reinforce basic foot skills.

**Equipment:** Soccer balls.

**Game - Level - Time:** Game 3 - Level 2 - Time 60 seconds

**Organization:** Divide Player into teams in front of each station at 20’ out. Have a 3 balls set up in front of each station at the 5’, 10’ and 15’ line.

**Activity:** First Player runs up to the first soccer ball and stops. He lightly touches the ball with the bottom of the right foot then with the left. He repeats this 20 times then moves to the next ball. At next ball Player rolls the ball with the bottom of the foot forwards and backwards 20 times then moves to the next ball. At next ball Player touches the ball from left to right foot 20 times. Player then runs up to the station and knocks out the target for points. When first Player moves from the first ball the second Player can move up to the ball and begin. You can have 3 players moving at all times.

Crossing Point

**Objective:** This drill is to reinforce the rule that the support foot should be facing the target when making a pass or taking a shot.

**Equipment:** soccer ball

**Game - Level - Time:** Game 1 - Level 1 - Time 45 seconds

**Organization:** One Player at each station, standing to the left or right of the station, one ball at the 10’ line.

**Activity:** Players run to the ball and plant and point their foot towards the station, swinging the outside leg around and kicking the ball towards the station. Emphasize the support foot position towards the station and where the ball should go. Player retrieves the ball, dribbles it back to the mark and attempts another cross.

Jump and Shoot

**Objective:** This drill is to increase agility while moving towards the ball.

**Equipment:** Soccer ball, cones or rolled towels.

**Game - Level - Time:** Game 1 - Level 2 - Time 60 seconds

**Organization:** Set 10 cones or rolled towels in front of each station, about 2’ apart. Place a ball in front of the cone that is closest to the station.

**Activity:** Players run a single step over each cone up to the XerTrainer. When Player reaches last obstacle, he shoots the ball at the XerTrainer for a point. Player retrieves the ball and sets it back into place at last obstacle. Next Player in line begins.
Outside Rolls

**Objective:** This drill is to help the players learn outside rolls.

**Equipment:** Soccer ball

**Game - Level - Time:** Game 4 - Level 1 - Time 60 seconds

**Organization:** Have a group of players in line, with their right sides facing the System, about 2’ apart. One ball starts with the Player furthest away from the station.

**Activity:** First Player rolls the ball across his body from the inside to outside with the outside and sole of the foot and stops the ball with the inside of the same foot. Player leaves the ball there for the next Player in line to roll the ball from the inside to the outside with the outside and sole of the foot and stops the ball with the inside of same foot. Continue outside rolls until the ball reaches the last Player. That Player taps one of the lit targets on the XerTrainer and then dribbles the ball to the end of the line. Activity continues until all targets have been knocked out.

Pass and Turn

**Objective:** This drill is to reinforce basic passing skills.

**Equipment:** Soccer ball.

**Game - Level - Time:** Game 1 - Level 3 - Time 45 seconds

**Organization:** Two players in front of each station. First Player stands on the 20’ line with the ball. Second Player stands at 10’ line, facing away from station, looking at the first Player.

**Activity:** First Player passes the ball to the Player on the 10’ line. Player traps the ball, turns towards the station and passes the ball to the station for a point. Player traps the rebound and turns to the first Player and passes the ball back. Repeat the same pattern until time expires. Players change positions and begin again.

Tick-Tock

**Objective:** This drill is to reinforce basic foot skills with movement down the field.

**Equipment:** Soccer ball

**Game - Level - Time:** Game 1 - Level 3 - Time 60 seconds

**Organization:** Divide Player into teams in front of each station at 20’ out.

**Activity:** First Player takes ball and passes the ball, tick-tock, between inside of left foot to inside of right foot. Player does this while moving forward to the station. When Player reaches 5’ in front of station he stops the ball and loft-passes above the white line. Player traps ball and dribbles back to the start line and leaves the ball to the next Player in line to “tick-tock” his way to the station.
Touches

Objective: This drill is to help the Player learn to feel where the ball will go based on touch.

Equipment: Soccer ball

Game - Level - Time: Game 1 - Level 4 - Time 60 seconds

Organization: One Player in front of each station with a ball.

Activity: Player will do 10 touches with his right foot then make a loft pass to the station, above the white line for points. Player then traps the ball and begins doing touches with his left foot.

ZigZag Speedwork

Objective: This drill is to help the players with speed and footwork.

Equipment: Cones or markers

Game - Level - Time: Game 4 - Level 3 - Time 60 seconds

Organization: Divide players into equal groups in front of each station at the 30’ line. Have cones or marks on the floor in front of the stations in a zig zag pattern.

Activity: Player must sprint to each marker and place their near foot into or besides the object and continue their sprint to the next object. When the Player reaches the XerTrainer, he must knock out one target and then zig zag back to the starting line.

ZigZag Speedwork with Dribbling

Equipment: Cones or markers, soccer ball.

Game - Level - Time: Game 1 - Level 1 - Time 60 seconds

Organization: Divide players into equal groups in front of each station at the 30’ line. Have cones or marks on the floor in front of the stations in a zig zag pattern, one ball for each team.

Activity: This drill is to help the players with speed and footwork while dribbling. Players must dribble the ball to each cone, placing the near foot in or near the marker and continue their dribble to the next object. When the Player reaches the station he must knock out one target and then dribble zig zag back to the starting line.
Chapter 7

Tennis Drills

Tennis Stations

Objective: Consistently strike a ball with a tennis racquet so that it travels in the intended direction towards a specific area.

Equipment: Tennis racquet, low pressure tennis balls, ball buckets

Activity level 1: Set XerTrainer to Game 1 level 1 - Time 60 seconds

Organization: Students pair up with one pair in front of each station. Each station has one racquet and one bucket of tennis balls. The first Player steps up to the line with a tennis racquet and one ball. The partner will be assisting with the bucket of balls and ball retrieval. Player 1 drops the tennis ball and strikes it with the racquet towards the station. Points will score if Player hits with enough force anywhere on the station. Player 1 can keep hitting the ball as long as it stays in play. If the ball is lost, the partner feeds a new ball to Player 1. Player continues until time expires. Both players gather the balls and then switch positions.

Activity level 2: Set XerTrainer to game 1 level 3. Same as level 1, except players must strike the XerTrainer above the white line to score points. Hits below the white line will deduct points.

Activity level 3: Set XerTrainer to game 3 level 4. Same as level 2, except now players must pass from 20’ away and the top two targets must be hit with a bounce pass.

Activity Team level: Each team lines up in front of their station, each Player with a racquet in hand. First Player will hit a ball to the station and then move out of the way. (training station one moves to the left and training station two moves to the right) Next Player in line returns the ball and moves out of the way. Play continues until time expires.

Do the Tennis Shuffle!

Objective: Improve speed, agility, and coordination when chasing a ball.

Equipment: Racquet and Ball

Activity level 1: Set XerTrainer Game 3 level 2 - Time 45 seconds

Organization: Have players line up at 20’ line with their racquet in their dominant hand and a ball in the other. They begin by sprinting toward the XerTrainer and hitting the randomly selected target with the ball still in their hand. They then sprint back to the starting line and for the last 5’ they shuffle as if returning to center court to await the next shot.

Activity Team level: Set XerTrainer to game 3 level 2 - Time 120 seconds. Same set up as level 1, expect run as a relay race for the entire team. Divide players into equal lines in front of each panel and have each Player perform the action once and return to the end of their line. The team with the most points when the time expires wins!

“Challenge, feedback and physical activity enrich the brain. The brain seeks and enjoys patterns.”
Tennis Serves

Objective: Consistently strike a tennis ball to an area of targets using a tennis serve.

Equipment: Tennis racquets, tennis balls, bucket for balls

Game - Level - Time: Game 3 - Level 3 - Time 120 seconds

Organization: Divide players into equal and diverse groups in front of each station.

Activity: Player 1 steps up to start line with a tennis racquet and ball. Second Player in line will assist with ball retrieval. Player 1 uses a tennis serve to hit the ball towards the group of lit targets. Player picks up another ball and continues to serve towards the lit targets until time is expired.

Activity Variation: Have each Player holding a racquet and ball and run activity as a relay. First Player serves then moves to the back and second Player is up to serve.

“Sometimes things that feel hard at first become easier with practice and encouragement. Did you feel like it got easier to serve the ball with practice?”
Chapter 8
Volleyball Drills

Volleyball Overhand Serves

Objective: Overhand serve drill
Equipment: Volleyball
Activity level 1: Game 1 - Level 3 - Time 45 seconds
Organization: Player starts with ball at center of station, about 20' back. Player executes overhand serves to the XerTrainer, anywhere above the white line for 5 points. Player retrieves the rebound and continues to serve until time expires.
Activity Level 2: Set XerTrainer to Game 3 level 3. Player will serve to a random group of targets and hits below the white line are not valid.
Activity Level 3: Set XerTrainer to Game 3 level 4. Player will serve to a randomly selected single target and hits below the white line will decrease the score by 1 point
Activity Level TEAM: Use Individual game and level settings above. Have a team of players lined up in front of each training station. First Player will execute an overhand serve then retrieve the rebound and hand it to the next Player in line. First Player moves to the end of the line when time expires.

Volleyball Conditioning

Objective: Conditioning drill, individual or team
Equipment: Volleyballs, cone
Activity level 1: Game 4 - Level 4 - Time 30 seconds
Organization: Place a cone about 20' out in front of the station. Balance a volleyball on each cone. Player starts at the outside of the XerTrainer, facing the cone and volleyball. Player races to the cone, picks up the volleyball, and runs to the station. Player uses the ball, held in both hands, to knock out the selected target, and then races back to the cone. Player balances volleyball on the cone and then runs back to start line. Repeat until time expires.
Activity Level 2: Use Activity level 1 with a medicine ball for greater endurance and strength training.
Activity Level TEAM: Use Individual game and level settings above. Have a team of players lined up at the side of each station. First Player runs up to cone and takes volleyball to knock the target out, replaces the volleyball then runs back to start. Next Player in line starts as soon as first Player touches his hand.
Activity Team Activity Variation: This can also be played as a team relay with the team split between each cone. First Player on both teams runs up to their team’s cone and takes ball and sprints up to station for points then carries the ball back to the opposite team’s cone and runs back to opposite teams start line. Game continues until time expires. Both groups work together to get a high score.
“Pepper”

**Objective:** Volleyball warm-up

**Equipment:** Volleyball

**Activity level 1:** Game 1 - Level 1 - Time 30 to 45 seconds

**Organization:** Player starts with ball in hand about 15’ back from station. Player spikes the ball down towards the floor so it rebounds up and off of the XerTrainer. Player must hit with enough force to score points when the ball rebounds off of the XerTrainer. Player continues to spike the ball down and towards the XerTrainer until time expires. If ball gets out of control the Player can try to bring it back into control with a bump or a set. Players try to keep the momentum going in any way possible without stopping to pick up the ball.

**Activity Level TEAM:** Team starts with one ball about 15’ back from station. First Player spikes the ball down towards the floor so it rebounds up and off of the XerTrainer. Player must hit with enough force to score points when the ball rebounds off of the XerTrainer. Player continues to spike the ball down and towards the XerTrainer for 10 spikes. If ball gets out of control the Player can try to bring it back into control with a bump or a set. After first Player spikes 10 times, he hands the ball to the next Player and then goes to the back of the line. Play continues until time expires.
Dear Fitness Instructor,

This manual was written to assist you, your staff, members or students in understanding, and gaining the most benefit from, Sportwall and its programming. It is a compilation of drills and studies from customers like yourselves and experts in the fields of fitness, exercise, medicine, athletics, vision, sensory processing and the brain.

From fun, social interactive brain/body fitness programming intended to attract more people to a healthier lifestyle, Sportwall XerTrainer and XerPro offer a unique and versatile array of options to make your programs for all ages and abilities more appealing and productive.

This manual explains how your Sportwall works, and may give you some new ideas on how it can become an even more effective part of your programs.

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