



DRILLS BY SPORT WITH STOPWATCHES

ULTRAK AND SEIKO BRANDS

BASEBALL

- ◆ Base running - home to 1st, 2nd & so on: **33106**
- ◆ Stealing bases -1st to 2nd: **33106**
- ◆ Pitcher from stretch to home: **380**
- ◆ Throws to 1st, from infielders & outfielders: **34601, 34606**

BASKETBALL

- ◆ Time to center court after rebound: **33106**
- ◆ Foul throws: **33106, 34601, 34606**
- ◆ Speed times/suicide drills: **33106**

FOOTBALL

- ◆ Timing pass routes: **37904, 37904Y, 34601, 34606**
- ◆ Hang time - punts: **33106**
- ◆ Kick offs & coverage: **33106 380**
- ◆ Pass release: **33106**
- ◆ Speed times - 10 to 40 yd: **37904, 37904Y, 34604**
- ◆ Heat index: **3830**

SWIMMING

- ◆ Event timing: **37904, 37904Y**
- ◆ Land speed times: **33106**
- ◆ Stroke frequency: **37802, 37904, 37904Y**

SOCCER

- ◆ Ball control time: **37904, 37904Y, 37910**
- ◆ Speed times: **33106**
- ◆ Heat index: **3830**

TRACK & FIELD

- ◆ Event timing: **37904, 37904Y, 37802, 34601, 34606**
- ◆ Pace times: **3050**
- ◆ Multi-lane timing: **37931, 37932, 37933, 37801**

CROSS COUNTRY

- ◆ Event, pace time: **37931, 37932, 37933, 37801, 37802**
- ◆ Heat index: **3830**



DRILLS BY SPORT WITH STOPWATCHES (CONT.)

ULTRAK AND SEIKO BRANDS

DRAG RACING

- ◆ Timing: **37802, 37931, 37932, 37933**

SAILING

- ◆ Moving start times: **37801**

MARATHONS

- ◆ Mega runners: **37931, 37932, 37933, 37802, 37801, 34601, 34606**

LACROSSE

- ◆ Heat index: **3830**

SKATE RACING

- ◆ Competition & Training on and off the ice: **37904, 37904Y, 37820**

HOCKEY

- ◆ Game time, speed training & interval training: **37904, 37904Y**

GYMNASTICS

- ◆ Game time, balance beam & interval training: **37820**