



SKLZ >>

FOOTBALL



PREPARE TO BE READY

Kenny Stills
Wide Receiver, Miami

Jason Verrett
Cornerback, San Diego

Ready is all or nothing. We either are, or we aren't. In the history of human endeavor, no man has ever achieved anything with almost. It's why we burn so many hours. It's why our muscles throb, it's why our eyes ache, and it's why we live with blinders on — in constant pursuit of preparedness. And we know that as much as we pride ourselves on our dedication, this alone is not enough. Plenty of people are dedicated. Our worthiest opponents are just as hardworking as we are. So if we ever hope to win, we need to work smarter. **We must be ready.**



SKILL TRAINING





PASSING



QB TRAINER PRO

PORTABLE PASSING TRAINER

- Trains passing accuracy and touch
- Key receiving targets highlight a receiver's shoulders and chest, plus a target for fade and touch passes
- Provides feedback by rejecting off-target passes and returning accurate throws in the bottom net
- Metal weighted steel frame and locking wheels

FTBL-QBFT-001

MSRP **\$499.99**

AVAILABLE SUMMER 2016



QUICKSTER® QB TRAINER

7' ULTRA-PORTABLE PASSING TRAINER

- Pro-style training with total portability
- Three QB targets assist in throwing accuracy
- Utilizes Tension-Tite™ frame technology

QKS-QB01

MSRP **\$149.99**



SOLO TRAINER

PASS AND PUNT FOOTBALL TRAINER

- The perfect backyard trainer for young QBs and punters
- Works for both left- and right-handed passers and punters
- Holds footballs of any size and returns them safely

FBTH-001

MSRP **\$14.99**

RECEIVING



RECEIVER TRAINING GLOVES

PALM-LESS FOOTBALL GLOVES

- Practice gloves that develop proper catching techniques by focusing on the fingers
- Helps build confidence and coordination when receiving passes
- Provides feedback similar to in-game gloves when passes are caught correctly

Small - FTBL-RCVR-SM **MSRP \$49.99**

Medium - FTBL-RCVR-MD **MSRP \$49.99**

Large - FTBL-RCVR-LG **MSRP \$49.99**

Extra Large - FTBL-RCVR-XL **MSRP \$49.99**

AVAILABLE SUMMER 2016



GREAT CATCH

FOOTBALL RECEIVING TRAINING AID

- Creates more reliable hands with fewer drops and bobbles
- Learn to catch with the fingertips instead of palms
- Builds confidence, consistency and improves receiving technique

GRTCT-100-06 **MSRP \$19.99**





KICKING / PUNTING



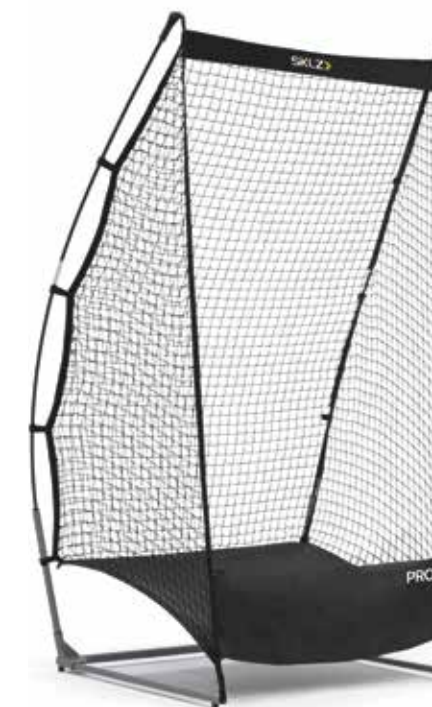
QUICKSTER® 4-IN-1 FB TRAINER

MULTISKILL FOOTBALL TRAINING NET

- The same kicking net framework as the pros
- Practice with Hi-Viz target for throwing and snapping drills
- All-weather catch net keeps balls clean throughout practice

QKS-FBTN01

MSRP **\$149.99**



SIDELINE NET PRO

PUNTING AND KICKING NET

- Built with a weighted steel frame for maximum stability and seasons of use
- Ideal kicking and punting net for sidelines
- Features a detachable front panel that can be adjusted for punts and place kicking

FTBL-QFKN-001

MSRP **\$399.99**

AVAILABLE SUMMER 2016



UNIVERSAL KICKING TEE

HEAVY-DUTY 4-IN-1 TEE

- Multiple height configurations allow kicker to gradually transition toward kicking off the ground
- Great for high school and collegiate use
- Durable molded rubber withstands the harshest environments

4KT-100-04

MSRP **\$19.99**

TRAINING ESSENTIALS



STRONGHOLD™ FOOTBALL

FOOTBALL-SPECIFIC RESISTANCE TRAINER

- Key in increasing ball security and reducing fumbles
- Train football movements with resistance from the ball
- Builds ball-handling confidence in players during hurdle and cone drills

Official Size - FTBL-SHFB-OFF

MSRP \$79.99

Youth Size - FTBL-SHFB-YTH

MSRP \$59.99

AVAILABLE SUMMER 2016



COACHES' BOARD

DRY-ERASE COACHING TOOL

- Easy write-on/wipe-off surface allows for quick changes to the game plan
- Double sided for full-field view on one side and closeup view on the other
- Durable construction to withstand sideline action

CHBD-100-04

MSRP \$19.99



D-MAN

HANDS-UP DEFENSIVE MANNEQUIN

- Ideal for solo practice or team settings
- Portable, lightweight, sets up and breaks down easily
- Adjustable telescoping pole (6.5' to 8') gives various height options

DMBK-000-02

MSRP \$59.99



EQUIPMENT BAG

HEAVY-DUTY ROLLING BAG

- Carry your entire practice session in one bag
- 3 internal pockets
- 35" long, 18" wide and 15" deep

SKLZ-EQUIPBAG

MSRP \$199.99



C6 DUFFLE BAG

ODOR-ELIMINATING TRAINING BAG

- C6 Technology keeps duffle bag and clothes smelling clean
- Strong, durable fabrics prevent tears
- Padded shoulder strap and handles allow for bag to be carried by hand or over the shoulder

SKLZ-DUFFLE-001

MSRP \$79.99



TRAINING BACKPACK

SPORT TRAINING ESSENTIALS BAG

- C6 technology eliminates unwanted odors
- Holds all necessary gear for your training and school
- C6 vented compartment, plus a fleece lined pocket for valuables

SKLZ-BBALPK-001

MSRP \$79.99



1ST AND 10

10-MAN FLAG FOOTBALL SET

- Low-profile, snap-button flags that swing freely but stay secure
- Multiple attachment points so flags stay directly on the hips
- Comfortable belt adjusts to securely fit waist sizes 26" to 38"

FFDX-001

MSRP \$49.99



DELUXE FLAG FOOTBALL SET

10-MAN SET WITH CONES

- 10 flag belts, two velcro-attached flags per belt (one size fits most)
- Strong, weatherproof nylon-webbed belts with D-ring clips
- Includes four goal line cones

FF02-500-04

MSRP \$19.99



PERFORMANCE TRAINING



MINI BANDS

MULTI-RESISTANCE TRAINING BAND SET

- Effective and versatile training tool that can be used anywhere
- Use for upper and lower body resistance training
- Ideal for lateral movement and stabilization exercises

APD-MBD01-02 **MSRP \$19.99**

Also available in bulk

Yellow (10 pk) APD-MBYLW-000 **MSRP \$17.99**
 Red (10pk) APD-MBRED-000 **MSRP \$19.99**
 Black (10pk) APD-MBBLCK-000 **MSRP \$21.99**



MASSAGE BAR

SOFT-TISSUE MASSAGE TOOL

- Massage muscles following any activity
- Accelerate active recovery
- Handles inspired by mountain biking for even pressure and comfort

APD-MSGBR-04 **MSRP \$29.99**



COLD ROLLER BALL

HANDHELD ICE THERAPY

- Combines targeted massage with ice therapy to reduce inflammation
- Insulating gel maintains ball's temperature longer
- Smooth stainless steel ball glides comfortably over skin

APD-CLDRLR-02 **MSRP \$39.99**



ACCUSTICK™

TENSION RELIEF MASSAGE TOOL

- Recover faster with massage and trigger point release
- Target all muscle groups with curves, corners and points
- Lightweight and portable to use anywhere you train or play

ACST-001 **MSRP \$19.99**



ACCUROLLER

ADJUSTABLE MASSAGE ROLLER

- Adjustable balls for versatile trigger point release
- Helps increase muscle flexibility and strength
- Designed for head-to-toe massaging and stretching

APD-ACRL01-04 **MSRP \$39.99**



ACCUSTRAP

TRIGGER POINT RELEASE MASSAGE BALL AND STRAP

- Increase circulation and accelerate recovery by releasing knots
- Dual density (think golf and lacrosse ball) for massage and trigger point release
- Easy to use against a wall to release hard-to-reach areas

APD-MSGBL-04 **MSRP \$29.99**



ROLLER BALL

HANDHELD TRIGGER POINT RELEASE

- Friction-free glide ball for trigger point release
- Comfortable, rubberized grip fits all hand sizes
- The must-have massage tool that fits in your bag
- Comes in 12-pack PDQ

ROLB-001-12 **MSRP \$14.99 each**



ACCUBALL

TRIGGER POINT RELEASE MASSAGE BALL

- Dual density (think golf and lacrosse ball) for massage and trigger point release
- Roll against your body weight or use in hand to target trigger points
- Convertible dual yellow "knob" works like a massage therapist's knuckles or elbows

APD-KNCBL-04 **MSRP \$19.99**



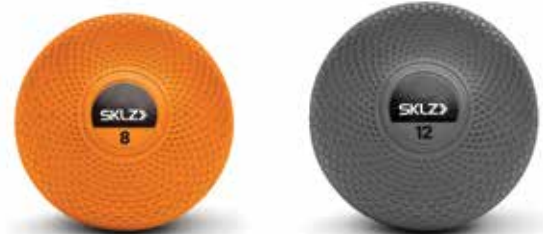
ACCUPOINT

ERGONOMIC SPINE AND TISSUE MASSAGER

- Cradles the spine and applies pressure for increased circulation
- Helps accelerate recovery from sport training
- Ergonomic, spine-friendly design

APD-ACP01-02 **MSRP \$14.99**

STRENGTH / POWER



MED BALL

WEIGHTED TRAINING BALL

- Trains upper body, rotational power and core strength
- Non-slip pattern offers secure grip
- Improves hitting, swinging or throwing



- 6 lb MBRT-006 **MSRP \$44.99**
- 8 lb MBRT-008 **MSRP \$49.99**
- 10 lb MBRT-010 **MSRP \$54.99**
- 12 lb MBRT-012 **MSRP \$59.99**
- 15 lb MBRT-015 **MSRP \$69.99**



LATERAL RESISTOR PRO

STRENGTH AND SPEED TRAINER

- Develops first-step quickness and lateral speed
- Strengthens key muscles for fluid movement and proper body positioning
- Patented Slide-Lock™ system for quick, safe switching of resistance cables

APD-LRXG01 **MSRP \$29.99**



HOPZ™

VERTICAL JUMP TRAINER

- Builds explosive leg power and strengthens jumping muscles
- Move resistance cables on belt to target specific muscles
- Change resistance cable quickly with patented Slide-Lock™ on belt and ankle straps

APD-HOPZXG01 **MSRP \$69.99**



PLYO BOXES

MULTI-HEIGHT PLYOMETRIC PLATFORMS

- Heavy-duty, 1-inch square steel construction
- Anti-tip design for safe workouts
- Stackable for space efficiency
- Textured, non-slip rubber landing surface

CRM-PLYO-BOX **MSRP \$279.99**



POWER SLED

PUSH/PULL SPEED AND STRENGTH TRAINER

- Develop speed, acceleration, strength and endurance
- Strengthens lower body for explosive leg drive
- Extra-tall vertical push bars for users of all heights

CRM-PWSLED **MSRP \$229.99**



SPEED SLED

POWER AND ACCELERATION TRAINER

- Maximizes stride efficiency and improves explosive strength
- Holds standard and Olympic weights
- Heavy-duty nylon tow leash and padded harness

CRM-SPSLED **MSRP \$99.99**



MED BALL RACK

6-TIER MEDICINE BALL RACK

- Durable rack holds up to 6 medicine balls
- Constructed of high-quality, black tubular steel
- Stable and easy to assemble
- Measures 62.28" x 14.96" x 12.2" and weighs 22 lb

MBRT-RACK-01 **MSRP \$129.99**



STRENGTH / POWER



SLIDEZ

FUNCTIONAL CORE STABILITY DISCS

- Use-anywhere training aid that builds core strength and increases flexibility
- Low-friction, durable material slides smoothly on virtually any surface
- Large surface area with ergonomic tread provides a comfortable, non-slip grip for hands and feet

SLDS-001

MSRP \$29.99



RECOIL 360°

DYNAMIC RESISTANCE/ASSISTANCE TRAINER

- Maximizes power, speed and vertical jump
- Engineered with a “free-floating” ring for 360 degrees of movement
- Designed for solo use or for training with a partner

SAQ-VPRB01-02

MSRP \$49.99



SUPER SANDBAG

HEAVY-DUTY TRAINING BAG

- Develops power and explosiveness
- Great for building strength throughout body
- Four weight bags included – must be filled with a high-density material, like sand

APD-SB75-02

MSRP \$59.99



PRO BANDS

MULTI-EXERCISE RESISTANCE BAND

- Builds upper and lower body strength safely and effectively
- Improves flexibility and recovery with restorative exercises
- Develops lateral speed and forward acceleration

Light APD-PBDLT-04

MSRP \$19.99

Medium APD-PBDMED-04

MSRP \$29.99

Heavy APD-PBHVVY-04

MSRP \$39.99

Extra Heavy APD-PBXHVVY-04

MSRP \$49.99



COREWHEELS™

DYNAMIC CORE STRENGTH TRAINER

- Enhances traditional plank and push-up exercises
- Develops pillar strength (shoulders, torso and hips) through a variety of exercises
- Wheels on each axle move together for safety and comfort

APD-CW01-02

MSRP \$39.99



WEIGHTED VEST

VARIABLE WEIGHT TRAINER

- Breathable vest adjusts from 1 lb to 10 lb in half pound increments
- Belt adjusts to fit athletes of most sizes
- Soft weights allow the vest to bend and flex with your movements

SAQ-WV10-02

MSRP \$89.99

SELF-GUIDED



TRAINERBALL®

SELF-GUIDED STABILITY BALL

- 16 essential exercises printed on the ball to engage core stabilizers, maximize flexibility and improve muscle regeneration
- Portable and convenient for training anywhere
- Designed by professional trainers

APD-TB-SPT-04

MSRP \$34.99



TRAINERROLLER®

SELF-GUIDED FOAM ROLLER

- 12 essential exercises printed on the roller to relieve soreness, improve circulation and increase muscle elasticity
- High-density foam construction efficiently massages muscle and connective tissue
- Designed by professional trainers

APD-TR-SPT-04

MSRP \$39.99



TRAINERMAT®

SELF-GUIDED EXERCISE MAT

- 24 essential exercises printed on the mat to build muscle strength and elasticity; key elements for developing speed, agility and quickness
- Integrate into training routine for efficient recovery and to reduce injury risk
- Designed by professional trainers

APD-G2M-PEF-04

MSRP \$29.99



STABILITY BALL

CORE AND BALANCE TRAINER

- Promotes core strength, improve balance and posture
- Built with a non-slip surface and heavy-duty materials
- Offers unlimited workouts from a single training device

55 cm STAB-55-001

MSRP \$24.99

65 cm STAB-65-001

MSRP \$24.99

75 cm STAB-75-001

MSRP \$24.99



STABILITY BALL PRO

CORE AND BALANCE TRAINER

- 1000 + lbs burst rating
- Constructed from high-quality, durable material
- Includes two way manual pump

65 cm PRO-SBP65-04

MSRP \$39.99



PRO MAT

WARM-UP AND RECOVERY MAT

- Made from specially coated, easy-to-clean foam
- Large 24" x 68" design with 1/2" foam
- Features grommets hanging and storage

AFP-CMAT-BK

MSRP \$79.99



TRAINING CABLE

STRENGTH TRAINER

- Builds strength, stability and power
- Compatible and interchangeable with all Slide-Lock™ components
- Essential for your home gym



- Extra Light 10-20 lb TC10BX-ELT **MSRP \$8.99**
- Light 30-40 lb TC30BX-LGT **MSRP \$10.99**
- Medium 50-60 lb TC50BX-MED **MSRP \$12.99**
- Heavy 70-80 lb TC70BX-HVY **MSRP \$16.99**
- Extra Heavy 90-100 lb TC90BX-XHY **MSRP \$19.99**



SINGLE QUICK CHANGE HANDLE

INTERCHANGEABLE SINGLE-CABLE RESISTANCE TRAINER

- Patented, Slide-Lock™ system for quick and safe cable changes
- Contoured, ergonomic handle design with rotating grips
- Use with Training Cables for variable resistance

PRO-SQCH01-06 **MSRP \$11.99**



FLEX QUICK CHANGE HANDLE

FLEXIBLE SINGLE-CABLE RESISTANCE TRAINER

- Patented Slide-Lock™ system for quick and safe cable changes
- Flexible strap and moveable handle allows for a variety of grips
- Use with Training Cables for variable resistance

PRO-QCFH01-06 **MSRP \$11.99**



CHOP BAR

ROTATIONAL POWER TRAINER

- Build core power
- Trains sport specific swing movements
- Compatible and easily interchangeable with Slide-Lock™ components

SWVB-CHP-04 **MSRP \$39.99**



DUAL HANDLES

FUNCTIONAL TRAINING HANDLES

- Connected handles enhance upper body training
- 360° rotation allows for all types of movement.
- Compatible and easily interchangeable with Slide-Lock™ components.

SWVH-HNDL-04 **MSRP \$19.99**



UNIVERSAL CUFF

FUNCTIONAL TRAINING CUFF

- Upper and lower body attachment to build strength and stability
- 360° rotation allows for full range of motion
- Compatible and easily interchangeable with Slide-Lock™ components

SWVC-CUFF-04 **MSRP \$14.99**



TRIPLE QUICK CHANGE HANDLE

INTERCHANGEABLE MULTI-CABLE RESISTANCE TRAINER

- Patented Slide-Lock™ system for quick and safe cable changes
- Contoured, ergonomic handle design with rotating grips
- Use with Training Cables, up to three at one time, for variable resistance

PRO-TQCH01-06 **MSRP \$14.99**



DOOR ANCHOR

DURABLE TRAINING CABLE ANCHOR

- Holds up to three 100-pound cables
- Flexible cable cradle increases longevity of cables by reducing friction and wear
- Use with any three-hinged door to increase the amount of exercise possibilities

PRO-DA01-10 **MSRP \$4.99**



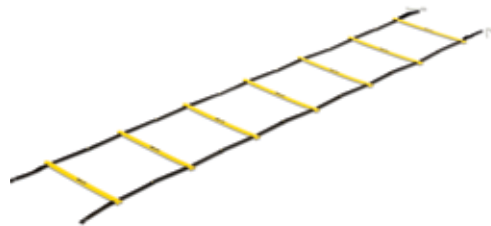
UNIVERSAL ANCHOR

INDOOR/OUTDOOR ANCHOR POINT

- Turns most doors or poles into an anchor point for training
- 360° rotation allows for all types of movement
- Compatible and easily interchangeable with Slide-Lock™ components

SWVD-ANCR-04 **MSRP \$14.99**

SPEED / AGILITY



QUICK LADDER PRO

TANGLE-FREE AGILITY AND FOOTWORK TRAINER

- Tangle-free fold means no time spent untangling and more time training
- Low-profile edges minimize chance of catching cleats
- Ends and sides are extensible for attaching more ladders

LADD-001

MSRP \$59.99



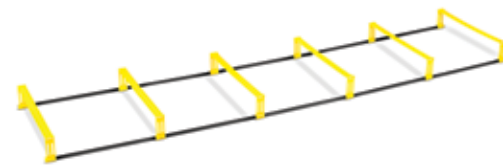
QUICK LADDER

15' FLAT-RUNG AGILITY LADDER

- Improves acceleration, lateral speed and change of direction
- Improves quickness through accelerated foot strike and lift frequency
- Develops the core skills necessary to enhance balance, rhythm and body control

SAQ-SL01-02

MSRP \$29.99



ELEVATION LADDER

2-IN-1 SPEED HURDLES AND LADDER

- Switch between a flat ladder and 4" hurdles in seconds
- 7-foot, 6-rung long ladder
- Each ladder rung measures 26" wide and 15" long

APD-ELAD-02

MSRP \$49.99



PRO TRAINING AGILITY CONES

2", 6", 9" CONES

- Engineered with extremely durable, pop-back material
- Square-base design for better balance
- Built to work on turf, courts, grass and any other surface

2" Cone - Set of 20 TIAC-001

MSRP \$29.99

2" Cone - Set of 20 TIAC-RED-000

MSRP \$29.99

6" Cone - Set of 4 SIAC-001

MSRP \$19.99

6" Cone - Set of 4 SIAC-RED-000

MSRP \$19.99

9" Cone - Set of 8 NIAC-001

MSRP \$29.99



PRO TRAINING UTILITY WEIGHT

AGILITY POLE, ARC AND SOCCER GOAL WEIGHT

- Holds up the Pro Training Agility Poles and Arcs for use on any surface
- Adds stability to Quickster Soccer Trainer and Pro Training Goals for better balance on all surfaces
- Four pounds each of durable rubber
- Set of 2
- No retail packaging

ACWT-001

MSRP \$49.99



PRO TRAINING AGILITY POLES

TELESCOPING AGILITY TRAINER

- Unique design works on grass, turf and courts with Pro Training Utility Weights
- Multiple training options with reversible spike
- Telescope to three different heights for different phases of training
- Set of 8

TAPO-001

MSRP \$79.99



SPEED HURDLE PRO

MULTI-HEIGHT QUICK-ADJUSTMENT HURDLE

- Elevates speed and agility training with flexible, multi-height hurdles
- One-button, quick-adjusting heights for varying training drills
- Choose from 6, 9 or 12-inch settings to add or decrease intensity
- Set of 6

SPH2-001

MSRP \$69.99



6X HURDLES

FOOTWORK AND AGILITY TRAINING HURDLE

- Highly durable, multidirectional speed, agility and plyometric hurdles
- Bounce-back construction
- Superior, one-piece twist design
- Set of 6

H6IN-001

MSRP \$49.99



AGILITY CONES

20 CONES IN 4 COLORS

- Multiple high-visibility colors for marking training areas
- Durable, will not break when stepped on
- Set of 20, 2" tall cones

SAQ-HSC01-02

MSRP \$19.99



PRO TRAINING AGILITY BANDS

FLEXIBLE AGILITY TRAINER

- Perfect for plyometric, speed and agility training and hip mobility drills
- Safe design helps prevent injuries when players fall or trip on them
- Can be used in skills exercises or as a gate or obstacle
- Set of 4

PTAB-BAND-001

AVAILABLE EARLY 2016

MSRP \$24.99

SPEED / AGILITY



SPEED CHUTE

RESISTANCE SPRINT TRAINER

- Maximizes acceleration and top running speed through resistance and overspeed training
- 360° rotation belt with free-motion ring allows for movement in any direction
- Quick-release belt buckle allows training with acceleration bursts

SAQ-SC01-02

MSRP **\$29.99**



SPEEDSAC™

VARIABLE-WEIGHT SPRINT TRAINER

- Improves 40-yard dash times, overall speed and explosiveness
- Boost acceleration and stride length
- Strengthens lower-body muscle groups
- Adjust weight options for variable resistance
- Simple construction makes it portable and versatile to use anywhere

SAQ-SS01-02

MSRP **\$99.99**



REACTION BALL®

MULTI-SPORT AGILITY TRAINER

- Six-sided high-bounce rubber design causes the ball to leap and hop randomly
- Sharpens depth perception and reactions
- Use solo or in a team setting on hard surfaces or walls

RB01-100-04

MSRP **\$9.99**





FITNESS / CONDITIONING



TRAINING ROPE PRO

STRENGTH AND ENDURANCE TRAINER

- Builds strength, power, endurance, balance and muscle control
- 40' long for optimal performance
- Sheathed for ultra durability

PROTR-40-000 **MSRP \$179.99**



SPEED ROPE

SPEED AND CONDITIONING TRAINER

- Speed rope with dual ball bearings and steel rod for faster rotation
- Coated low-kink cord
- Slim, comfortable handle with 90-degree cord angle

SROL-001 **MSRP \$29.99**



JUMP ROPE

CONDITIONING TRAINER

- Great tool for improving coordination, footwork and quickness
- Exceptional value, durable jump rope
- Ergonomic, padded grips

JROP-001 **MSRP \$14.99**



WEIGHTED JUMP ROPE SET

STRENGTH AND CONDITIONING TRAINER

- Design engages posterior, core and postural muscles
- Patented swivel-8 allows rope to rotate smoothly around handle
- Ropes change easily and quickly
- Additional medium (1.5-lb) and heavy (2-lb) ropes sold separately

HROP-1-001 **MSRP \$29.99**



MEDIUM (1.5-LB) AND HEAVY (2-LB) JUMP ROPE COMPONENTS

STRENGTH AND CONDITIONING TRAINER

- Design engages posterior, core and postural muscles
- Patented swivel-8 allows rope to rotate smoothly around handle
- Ropes change easily and quickly
- Handles available in the Weighted Jump Rope Set

HROP-15-001 **MSRP \$19.99**

HROP-2-001 **MSRP \$19.99**

