



**SKLZ** 

**PRODUCT  
CATALOGUE**

**BREAK YOUR LIMITS**



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# HOCKEY

## PASSING



### PASSING TRIANGLE

- Heavy weight steel passing triangle to improve shooting, passing, and stick handling
- Returns pucks from three sides for a variety of passing drills
- Retractable spikes allow you to train on ice, cement, hockey tiles and shooting pads
- Can be used for solo or team training
- 22" (56cm) of passing area per side

13895





### MINI PASSING TARGET

- Miniature target to improve passing accuracy
- Durable 1" steel frame and polyester net
- Clip on net moorings included to easily anchor target to the ice
- Quick and easy setup for more efficient training
- Measures: 17" w x 12" d x 12" h
- Measures: 43<sub>cm</sub> w x 30<sub>cm</sub> d x 30<sub>cm</sub> h

13896



### HOCKEY SHOOTING TARGET

- Knock-out foam shooting target to improve shot accuracy
- Quick hook and loop attachments for multiple shot locations
  - Designed to fit on most goals
  - Target measures 12" - 30 cm in diameter
  - Comes in a 4-pack

13893



### HOCKEY SHOOTING TRAINER

- 5 target areas to build focus on the zone's players are more likely to score
- Gives players max shooting reps with instant feedback
- Builds the vision and muscle memory needed to increase scoring percentages
- Designed to fit regulation hockey goals and sets up in minutes
- Includes attached camlocks for securing to net
- Reinforced durable construction for seasons of use

13892







### SHOOTING PAD

- Improve shooting, passing and stickhandling off ice
- Designed to protect your sticks from concrete, asphalt and other hard surfaces
- Silicone infused surface for realistic puck movement
- Heavy-duty 5mm shooting pad to withstand seasons of use
- Built in carry-handle for ease of use
- Measures: 28"x42 (71 x 106 cm)

13894



# BASKETBALL

## DRIBBLING



### DRIBBLE STICK

#### BASKETBALL DRIBBLING AND AGILITY TRAINER

- Improve hand positioning, stance and speed with the ball
- Mimics on-court dynamics against defender
- Use for plyometric training and conditioning

0801



### LIGHTWEIGHT CONTROL BASKETBALL UNDERSIZED

#### LIGHTWEIGHT TRAINING BASKETBALL

- Underweight training ball to help improve dribbling speed and handles on the court
- Helps athletes develop quick hands and improve dribbling skills with consistent practice
- Official size basketball to prepare for the opening tip
- High-quality synthetic leather construction for indoor and outdoor training
- Use in a solo or team training environment

10664

### HEAVY WEIGHT CONTROL BASKETBALL

#### REGULATION-SIZE WEIGHTED TRAINING BASKETBALL

- Weighted, regulation-size ball strengthens fingers, wrists and forearms
- Improves dribbling, passing and rebounding
- Bounces and reacts the same as regulation ball for more effective training

2736





### 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' / 198 cm jusqu'à 244 cm) gives various height options

0415 (Orange)



### SOLO ASSIST

#### BASKETBALL REBOUNDER

- Trains players to set their feet, square up and shoot the ball off a true pass
- Designed for hardwood, outdoor courts and driveways
- Perfect for individual practice or team drills

2305





## BASKETBALL MAGNACOACH

MAGNETIC DRY-ERASE COACHING TOOL

- Magnetic player tiles allow easy play diagramming and lineup adjustment
- Stat area for team and personal fouls
- Dry-erase surface on front and back for notes and diagramming plays

0796



## SHOT SPOTZ

NON-SLIP AGILITY MARKERS

- Allows for a variety of drills and games all over the court – find your spot and take the shot
- Comes with five, durable, high-density ground discs numbered 1 through 5
- Develops good court sense and positioning
- Includes all-weather digital timer that attaches to poles for timed shootouts or drills
- Can be used on any indoor or outdoor basketball court

Available Q1 2020

3471



## SQUARE UP

VISUAL SHOOTING MECHANICS TRAINER

- A visual aid to teach improve the correct ball rotation and alignment
- Encourages correct hand placement while shooting
- Gives players instant visual feedback

0830



## COURT VISION

DRIBBLE GOGGLES

- Forces players to handle the ball with their head up to survey the court
- Improves reaction time against defenders
- Increases confidence on the court

0799



## SHOOTING TARGET

OPTICAL SHOOTING AID

- Gives players a true visual target in the center of the rim
- Attaches easily to the net hooks
- Doesn't alter the flight of the ball

0797



## KICK-OUT

360° BALL RETURN SYSTEM

- Rotating chute returns from shots made anywhere on the court
  - Quick and easy assembly
- Easy twist adjustment with integrated handle

2304







# SOCCER

## FINISHING



### GOALSHOT®

#### SHOOTING & FINISHING TRAINER

Backed by research showing where top league goalies are scored on, the Goalshot helps players build the muscle memory and vision involved in scoring. Goalshot does things cones, targets and stand-in goalies can't do: it creates visual focus on the specific zones where players are four times more likely to score.

- Focus on the top four scoring zones, where you're four times more likely to score
- Built to last multiple seasons
- Easily attaches to any regulation goal
- 24' x 8' / 7,32 m x 2,44 m

2786



## POP UP GOALS



### PRECISION POP UP GOALS

- Super fast setup, goals set up in seconds so you have more time training or playing.
- One side is a open goal the other is a small precision target to work on accuracy
- Durable soccer goals intended for small sided games and 1v1 play.
- Spikes attached to goal for easy setup and anchor for both sides of the net.
- Travel bag included

235853 - 3x2 (91.44cm X 60.96cm)  
 235854 - 4x3 (121.92 X 91.44cm)  
 235855 - 6x4 (182.88cm X 121.92cm)



## POP-UP GOALS



### QUICKSTER® SOCCER GOAL

#### ULTRA-PORTABLE QUICK-SETUP SOCCER GOAL

- Sets up and breaks down in under 2 minutes
- Ultra-durable design for high-intensity training
  - Utilizes Tension-Tite™ Frame Technology

**Soccer**  
 6'x4' / 1,83 m x 1,22 m 3295  
 8'x5' / 2,44 m x 1,53 m 3297  
 12'x6' / 3,66 m x 1,83 m 3299

### YOUTH SOCCER NET

#### QUICK SET-UP SOCCER GOAL

- Quick set-up for indoor and outdoor pickup games or practice drills
- Authentic goal shape with durable net and fiberglass frame
- Lightweight, portable and easy to carry

3424

### PLAYMAKER SOCCER GOAL SET

#### 2.5' / 0,61 M POP-UP SOCCER GOALS

- Two durable soccer goals for pickup games or practice drills
- Instant pop open design and attached ground stakes for easy setup
- Easy twist close design and carry bag for quick breakdown and storage

3425





**QUICKSTER®  
SOCCER TRAINER**

MULTI-TOUCH SKILL REBOUNDER

- Provides a true roll that helps master passing and receiving on ground
- Maximize reps by settling the ball out of the air with your feet, thighs and chest
- Work on volleys and half-volleys with instep and laces

2312



**SOCCER TRAINER**

- Patent pending design receives passes on the ground and returns them at any angle for unlimited training capabilities.
- High tension rebounder, provides a true-roll that helps master passing and receiving on ground.
- Tension tightening system allows the user to set tension as well as release tension to collapse and store.
- Collapsible, for easy transportation to and from the training grounds
- Ultra durable frame when set up is 5.5'x 2'

235849

UNTIL LAST STOCK



**SOCCER TRAINER SOLO**

- Instant setup defender that can be bumped or hit by a ball with no issues.
  - Stores in small storage space so you can bring multiple
    - Optional weight bag to hold it in place in the wind
- Safe for all athletes to fall on or bump into during practice.

0338





## PASSING, RECEIVING & BALL CONTROL



### PRO TRAINING SOCCER DEFENDER

- Improve passing, dribbling and shooting with 6' mannequin
- Wide base and rotational tension design help mannequin stay up right
- Mannequin easily breaks down to 3.5' for convenient transportation
- Multi material construction make deflections more realistic and authentic
- Silhouette more accurately mimics real defender for better visual training
- Aluminum center spine makes it durable yet lightweight
- Sturdy base with 4" spikes for use on grass only
- Sell with base to be able to use it on turf and other artificial surfaces

YELLOW 22396  
RED 22395



## PASSING, RECEIVING & BALL CONTROL

### GOLDEN TOUCH

#### TECHNIQUE TRAINING BALL

- Develops technique and ball control by focusing on smaller target during training
- Official size three ball with official size five weight mimics the bounce, roll and reaction of a match ball
- Improve all phases of the game, dribbling, shooting, passing and receiving both short passes and driven balls

3406



### STAR-KICK® TOUCH TRAINER

#### BALL CONTROL, RHYTHM AND TECHNIQUE TRAINER

- Helps players improve ball control, passing and shooting, and receiving
- Maximizes touches and minimizes time spent chasing the ball
- Helps improve goalie skills through punting, reflexes, and more
- Adjustable neoprene ball glove fits ball sizes 3, 4, and 5
- High quality adjustable cord stretches up to 18 feet (5.5 meters); durable tethered waistband (fits most waist sizes)

212694 (VOLT)  
212695 (COBALT)







**STAR-KICK®**  
SOLO SOCCER TRAINER

- Helps players improve ball control, passing and shooting, and receiving
- Maximizes touches and minimizes time spent chasing the ball
- Helps improve goalie skills through punting, reflexes, and more
- High quality adjustable cord stretches up to 18 feet (5.5 meters); durable tethered waistband (fits most waist sizes)

0404 (ORIGINAL)  
212692 (VOLT)  
212693 (COBALT)







## 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

2322



## SOCCER VOLLEY NET

### ADJUSTABLE HEIGHT TRAINING NET

- A fun and effective training tool to improve real world soccer skills to make you an overall better player
- 12 foot / 3,66 m wide net has two height settings for skill level and to create more variation in training (2' and 3' / 61 cm x 91,5 cm)
- High visibility net trim helps players read height and accurately return serves and volleys.
- Stable base with non-marking feet for use in outdoor and indoor games, ground spikes included

3407



## SOCCER MAGNACOACH

### MAGNETIC, DRY-ERASE COACHING BOARD

- Versatile magnetic/dry-erase board combo for more organized coaching
- Clearly communicates lineups, player formations and tactics
- Board identifies players' set piece responsibilities

2326



## 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

2321







## DISTANCE



Gold Flex 48" Gold Flex 40"

### **GOLD FLEX™**

#### **STRENGTH AND TEMPO TRAINER**

- Strengthens core golf muscles and promotes flexibility
- Weighted head and extra flex develops the correct lag feeling, promotes proper swing plane and improves tempo
- Fights slices and flattens swing

48" 0367  
40" 0467



### **GOLD DRIVE**

- Helps athletes improve their club head speed and technique to create a more consistent swing
- Includes two weights that can be configured to three club weights to work on overall swing all in one design
- Use only the shaft with no weights attached to warm up and build muscle memory with a 20% lighter club
- Attach only the counterweight (yellow) to emulate the weight of an average driver to help practice lowering your hands
- Train with both the head (black) and counter (yellow) weights to help increase overall swing speed with a 20% heavier club

11005



**ACCELERATOR PRO®**

PUTTING MAT WITH BALL RETURN

- Develops precise accuracy and distance control with squaring and alignment guides at 3', 5' and 7'
- Train without interruption using the continuous ball return that adjusts to match each distance
- Upslope at the cup and speed of the true-roll surface are both set to emulate putts found on actual greens

2687

**PUTT POCKET**

PUTTING ACCURACY TRAINER

- Shrinks practice cups to promote on-course putting skills
- Helps you quickly improve reads, putt speeds and accuracy
- Trains you to hit the high side of the hole where more putts get made
  - Easily fits into your bag for practice at the course or home on mats

0050



**SWING GUIDE TRAINER**

- Feature Bullets
- Helps develop a more reliable swing for improved accuracy and increased distance
- Composite guides provide instant feedback on swing path and plane
- Removable guides attach and reattach to allow you to easily change their position to train for any shot
- Bungee and magnet system prevent guides from flying away on impact from missed shots
- Alignment markers help build and reinforce proper setup and ball position
- Ultra-durable polycarbonate base

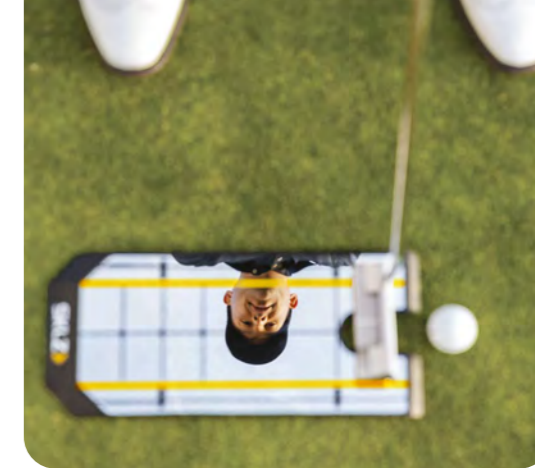
235848



**PURE PRACTICE MAT**

- Practice almost any shot from tee to green with this three-surface hitting mat
- Tee Turf holds real tees for more accurate practice shots found on the course
- Fairway cut simulates long and short iron shots from the middle of the fairway with a tight lie
- 1st cut rough helps you practice ball striking in deeper lies and improve recovery shots
- Durable hitting mat built to last through multiple seasons of use
- Tri-fold turf mat measures 25" x 16"

10251



**TRUE LINE PUTTING MIRROR**

- Premium putting mirror with cutout to putt ball directly from on the green
- Alignment markers and mirror to practice proper head and eye alignment
- Slots to create putt gates with tees for any putter head
- Putter path lines for square takeback and follow through
- Convenient size for throwing in golf bag to take to the practice green
- Non-slip base mirror measures 6 1/2" x 12"

11033





**PRO RODS**

**3-ROD ALIGNMENT SET**

- Three durable, 48" fiberglass rods for developing consistent alignment and proper swing mechanics
- Creates a consistent alignment routine during pre-swing setup
- Each rod features nine markings for precise setup, ball position and foot alignment

0526



**PURE PATH**

**SWING PATH FEEDBACK TRAINER**

- Helps correct pushes, pulls, slices and hooks
- Gives immediate feedback on swing path
- Sets up quickly and easily - stakes into the ground to eliminate the need for a practice net

0661



**SMASH BAG**

**IMPACT TRAINER**

- Teaches the feeling of correct impact, eliminates fat and thin shots and helps cure slices
- Proprietary target map provides visual feedback on the quality and accuracy of impact
- Can quickly be filled with towels or clothes

0043



**GRIP TRAINER**

**PROPER GRIP CLUB ATTACHMENT**

- Creates muscle memory for proper hand positioning and grip
- Attaches to most clubs from driver through wedge
- Fits standard-size grips

2692



## ACCURACY



### QUICKSTER® CHIPPING NET MULTI-TARGET TRAINER

- Sets up and breaks down in 30 seconds
- Three different-sized targets for varied accuracy practice
- Use with regular and practice golf balls

1493



## ACCURACY



### HOME DRIVING RANGE KIT

- Everything you need to work on your swing at home from driver to wedge
- Includes 7' Practice Net, 12 Impact Golf Balls, Launch Pad and two rubber tees (1" and 2")
- 7' Practice net utilizes tent technology for quick assembly and take down
- Limited flight Impact Golf Balls are durable, dent resistant, and allow you to train in small spaces
- Launch Pad dual surface hitting mat allows you to practice hitting off fairways and out of the rough

1438



### HOME RANGE NET

- Perfect net to work through every club in your bag from the convenience of your home
- Easy to setup net collects and returns the biggest drives and softest irons
- 10' wide x 7' wide
- Durable net for seasons of use

0815





### UNIVERSAL GOLF TARGET

- Adjustable swing target provides instant feedback on where you're starting your shot without lifting your head early
- Designed with three deep pockets to work on controlling ball flight
- Can be attached to most golf nets with two adjustable straps
- Three pockets allow you to work on different chip shots around the green
- Target measures 2.5' x 2.5'

11034



### IMPACT GOLF BALL

LIMITED-FLIGHT GOLF PRACTICE BALL

- Regulation size, stronger alternative to weaker plastic training golf balls
  - Indestructible and impervious to dents so they last forever
  - Train in small spaces with limited-flight balls
- 2763 (12-pack)



### LAUNCH PAD

HITTING MAT: TEE, FAIRWAY, ROUGH

- Heavy-duty, nonslip rubber hitting mat with realistic grass
- Practice driving, iron and short game shots
- Two tee heights for a full range of clubs

0053



# ATHLETIC INTELLIGENCE

## ATHLETIC INTELLIGENCE

**SPORT IS PLAYED  
WITH YOUR HEAD, YOUR BODY  
IS JUST THE TOOL**

**SKLZ HAS ALWAYS GIVEN ATHLETES THE TOOLS TO IMPROVE SPORT SPECIFIC SKILLS AND PERFORMANCE TRAINING THROUGH SPEED, AGILITY, STRENGTH, AND POWER.**

Now we have taken our knowledge to give athletes the tools and programming needed to improve their physical and mental performance. Our Athletic Intelligence platform is designed to work your brain and body together to perceive what's happening around you, process the incoming information, and perform the task at hand. This new line is meant to help athletes elevate their confidence and abilities to get to where they want to be on the field.



# TRAIN SMART



SKLZ»

## ATHLETIC INTELLIGENCE



### REACTIVE CATCH

- Reactive agility device to improve hand eye coordination
- Played with friends to challenge each other reach to the color and make the catch quickly.
- Prepare for your sport with quick decision-making exercises.
- Four color options to catch including the middle.
- Round ends intended to enhance ball catching skills.

13585







**MOVE  
SMART**

**SKLZ»  
NEW+**



**REACTIVE AGILITY LADDER**

- Quick setup agility ring
- Color coordinated to use in coach drills for reactive agility
- Color matching cones included for sprint gates or directional reaction.
- The ultimate in easy-setup, easy-carry training ladders
- Durable construction with professional grade materials

13586







MOVE  
SMART

ATHLETIC INTELLIGENCE



REACTIVE AGILITY CONES

- Improve coordination, agility, and reaction time by combining mental and physical training
- Develops Athletic Intelligence™ by increasing hand-eye coordination and the ability to read and react
- Includes online exclusive programming and content designed by certified trainers
- Includes eight cones in four different colors and numbers to enhance random response and memory sequencing patterns
- Safe design helps prevent injuries when players make contact with cones
- Created to pair with Pro Training Agility Poles (not included) to add as another obstacle to drills
- Athletic Intelligence products are designed to develop specific skill sets and can be combined in drills to customize training

10665





TRAIN  
SMART



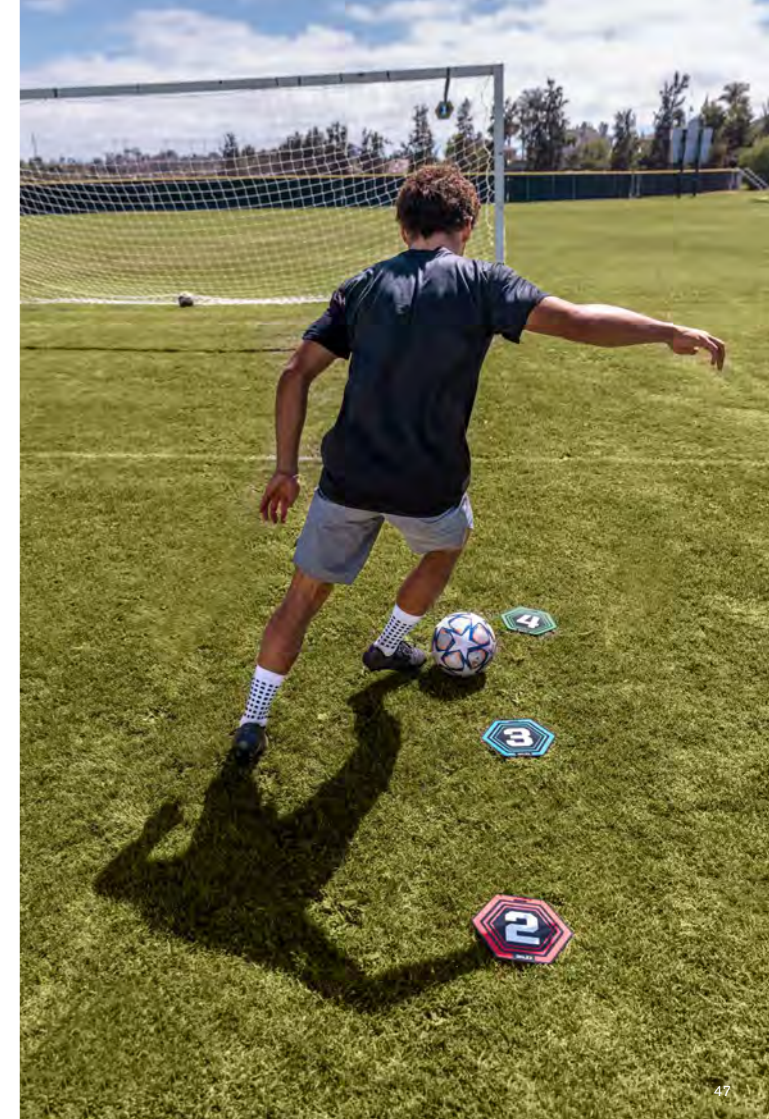
ATHLETIC INTELLIGENCE



REACTIVE AGILITY TARGETS

- Targets that can be transformed into sport markers that are numbered and have four distinct colors
- Easily attaches to almost any goal, defensive mannequin or sport training tool to create a target or marker depending on the drill
- Develops Athletic Intelligence™ by training athletes to read and react in use with marker or target drills
- Includes online exclusive programming and content designed by certified trainers
- Comes in a set of 4 – Numbered 1-4 and each its own distinct color
- Athletic Intelligence products are designed to develop specific skill sets and can be combined in drills to customize training

10666







# PERFORMANCE

## PERFORMANCE COLOR GUIDE



Less Resistance ←

→ More Resistance

### PROGRESSIVE RESISTANCE COLOR GUIDE

- An easy to understand, consistent color guide helps you choose your resistance level.
- Maximize your training time by quickly choosing the right resistance level.
- Increase your strength by increasing your workload.



## WARM UP RECOVER



### PRO KNIT MINI BANDS

#### MULTI-RESISTANCE TRAINING BAND SET

- Durable, anti-slip bands for upper and lower body resistance training to increase difficulty
- Comfortable fabric that stays in place during training and won't pinch or pull skin
- Can be used to add resistance during warmup and stretching
- Strong, durable fabric available in light medium and heavy resistances
- Machine washable and easy to clean
- Bands measure 2.5'x13'

1009 (LIGHT);  
0358 (MEDIUM);  
0359 (HEAVY)



### PRO KNIT HIP BANDS

#### MULTI-RESISTANCE TRAINING BAND SET

- Durable, anti-slip bands for upper and lower body resistance training to increase difficulty
- Comfortable fabric that stays in place during training and won't pinch or pull skin
- Can be used to add resistance during warmup and stretching Strong, durable fabric available in light, medium and heavy resistances
- Machine washable and easy to clean
- Bands measure 4'x13'

0360 (LIGHT);  
0008 (MEDIUM);  
0363 (HEAVY)

## WARM UP RECOVER



### 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

0500 (Retail Packaging)

#### Also available in bulk

Yellow (10 pk) 1489  
Red (10pk) 1488  
Black (10pk) 2194





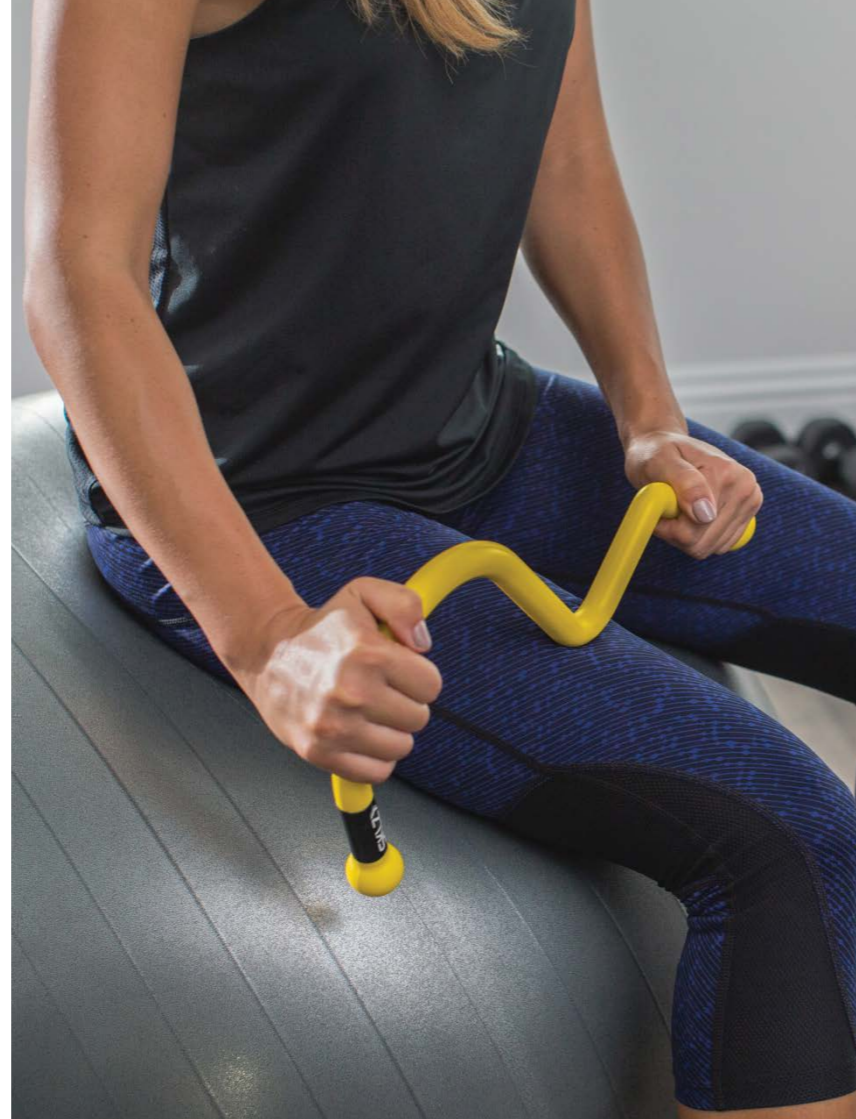
## WARM UP RECOVER



### **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

2725



## WARM UP RECOVER



### **MASSAGE BAR** SOFT-TISSUE MASSAGE TOOL

- Massage muscles following any activity
- Accelerate active recovery
- Handles inspired by mountain biking for even pressure and comfort
- 20" / 51 cm in length

1688

### **TRAVEL MASSAGE BAR** PORTABLE SOFT-TISSUE MASSAGE TOOL

- Provides massage therapy to help sore muscles recover faster
  - Lightweight and fits easily into almost any bag
- Ergonomically designed handles for maximum comfort

▪ 15" / 38 cm in length

3239





### TARGETED MASSAGE BALL

5" DEEP TISSUE THERAPY BALL

- Distinct texture stimulates circulation and relieves pain associated with tension
- 5" / 12,7 cm ball ideal for targeting large muscles through deep tissue compression massage
- Firm durometer creates optimal pressure to break up knots and restore mobility

3227



### FOOT MASSAGE BALL

2.5" DEEP TISSUE THERAPY BALL

- Designed to relieve minor aches and pains associated with the foot
- Distinct texture stimulates circulation and increases mobility, aiding recovery
- 2.5" / 6,4 cm ball is ideal for targeting small muscles through deep tissue compression massage

3226

### UNIVERSAL MASSAGE ROLLER

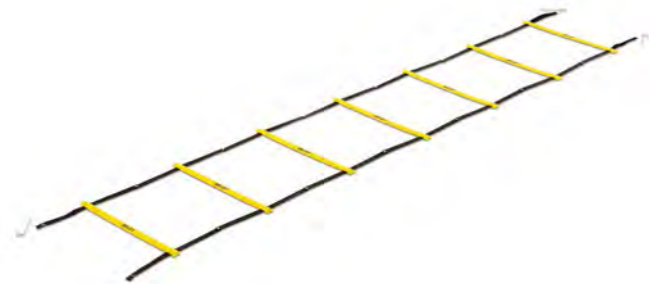
DEEP TISSUE THERAPY ROLLER

- Ergonomic design relieves joint and muscle tension from head-to-toe to help reduce chances of injury and recovery times
- Unique shape and size allows you to target hard to reach muscles such as the neck and the back
- Distinct texture stimulates circulation and increases mobility aiding recovery

3228







### QUICK LADDER

15" / 38 CM 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

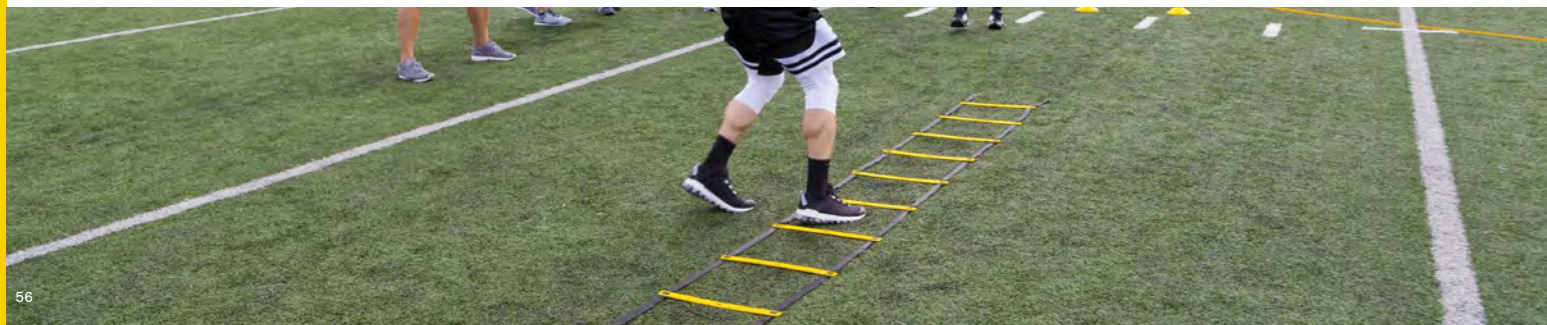
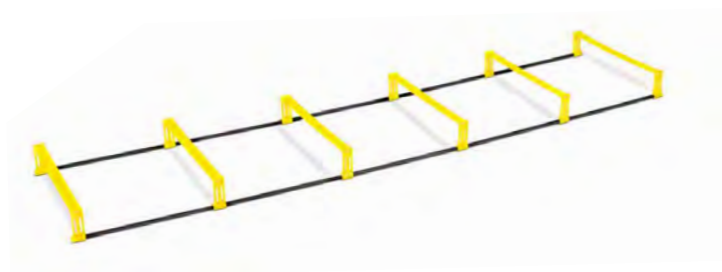
1124

### ELEVATION LADDER

2-IN-1 SPEED HURDLES AND LADDER

- Switch between a flat ladder and 4" / 10,2 cm hurdles in seconds
  - 7-foot / 2,14 m, 6-rung long ladder
- Each ladder rung measures 26" / 66 cm wide and 15" / 38 cm long

0940

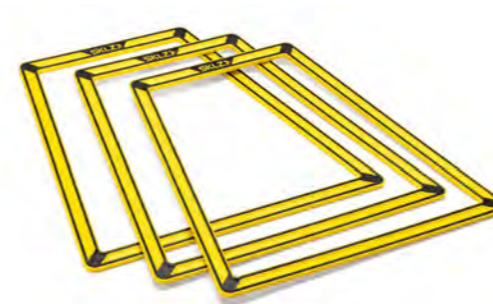


### 6X HURDLES

FOOTWORK AND AGILITY TRAINING HURDLE

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

1860



### AGILITY TRAINER PRO

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

- Train footwork and agility patterns in game-like situations
- Designed for curvilinear and customizable training patterns
- Cut your reaction time while adding speed in all directions
- Set of 10 with a carry handle

2915







HOT  
ITEM



### 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

1861



### SPEED WEB

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

- Improve footwork, agility and explosive movement in game like patterns
- Hexagonal rings with easy connect clips for customizable training layouts
- Rings can be used as a speed ladder or stand up together to create a hurdle
- Durable build to use on any surface, including grass, tracks and courts
- Set includes 6 hexagonal rings and 4 connect clips

0347







**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

2125



**ACCELERATION TRAINER**  
DYNAMIC OVERLOAD AND RELEASE SYSTEM

- Add the speed that adds up to victories
- Build new speed, power from the start, during acceleration and at the top-end
- Use the dynamic load and release method proven in research
- Train for speed in every direction

2961







**SPEEDSAC™**  
VARIABLE-WEIGHT SPRINT TRAINER

- Improves 40-yard / 36,5 m 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

3417



**MINI CONES**

2" / 5 CM HIGH-VISIBILITY MARKER SET

- Square-base design for better balance
- Carry strap and compact cone size for easy transport and storage
- Built to work on turf, courts, grass and any other surface

50pk 3362

20pk 3426



**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" / 5 cm tall cones

0127



**REACTION BALL**

- Six-sided high-bounce rubber design causes the ball to leap and hop randomly
- Use solo on hard surfaces or walls or in a team setting
- Sharpens depth perception while making training fun and effective
- Great training tool for all sports

3508



## STRENGTH / POWER



### 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	1678
Medium	1679
Heavy	1680



## STRENGTH / POWER



### 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
- 0308



### 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

0665





## STRENGTH / POWER



### COURT SLIDEZ

#### NON-MARKING CORE STABILITY DISCS

- Use your body weight for low-impact, high-results training
- Safe to use on any smooth surface—hardwood, tile, courts and more
- A full-body workout in two convenient discs that fit easily into bag

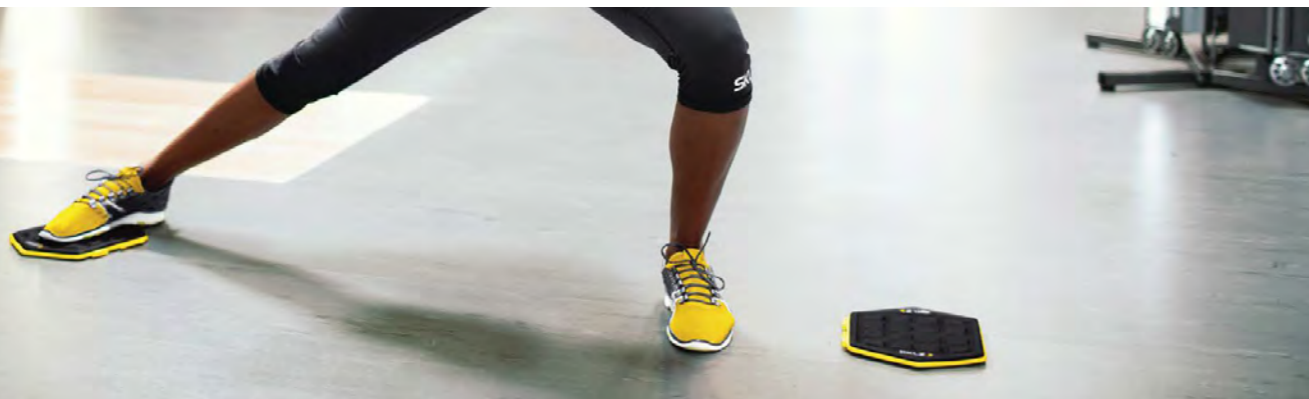
2914

### 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

1862



## STRENGTH / POWER



### BALANCE PODS

- Add to work out to increase difficulty and strengthen core muscles
- Can be used for a variety of static and dynamic movements on hands, knees, and feet
- Can help improve posture and stability through low-impact, body weight strength training
- Dual-textured, slip-resistant surface provides grip
- Inflatable, light weight and portable for use anywhere
- Pods measure 6"x4,5"

0013







**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

0132



**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

1694



**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

1695



**GRIP STRENGTH TRAINER**  
ADJUSTABLE RESISTANCE HAND GRIP

- Increase grip strength and endurance by training fingers, wrists and forearms
- Easily adjust resistance from 20 lb / 9 kg. to 90 lb / 40,8 kg. to fit any training level, beginners to advanced
- Great for rehabilitation, increasing hand and forearm circulation and stress relief

3408



## FUNCTIONAL TRAINING SYSTEM



### TRAINING CABLE STRENGTH TRAINER

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

Light 30-40 lb / 13,6-18,1 kg	2716 (with out handles)
Medium 50-60 lb / 22,7-27,2 kg	2717 (with out handles)
Heavy 70-80 lb / 31,8-36,3 kg	2718 (with out handles)



### FLEX QUICK CHANGE HANDLE FLEXIBLE SINGLE-CABLE RESISTANCE TRAINER

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

0790

## SELF GUIDED



### TRAINER BALL

65 CM 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

0509





## TRAINER MAT

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

0488



## RESISTANCE CABLE SET

INTERCHANGEABLE STRENGTH TRAINER

- Simple system, total body workout
- Functional training with multiple resistance levels
- Work on strength and power, anytime anywhere

Light 15lb / 6,8 kg with handles	2721
Medium 20lb / 9 kg with handles	2722
Extra 30lb / 13,5 kg with handles	2723



## SPEED ROPE

SPEED AND CONDITIONING TRAINER

- Upgrade from a standard jump rope by adding more speed while conditioning at home or at the gym
- Maximize rope rotations with smooth rotating ball bearings great for double unders and footwork training
- Comfortable, ergonomic handle designed to help eliminate forearm fatigue by reducing the need to grip the handles too tight
- Cut and customize 120" coated cable rope to desired length for most heights
- Designed for easy grip with 6" premium rubber coated lightweight handle
- Low-kink cable provides durability for season of use

3318



## JUMP ROPE

CONDITIONING TRAINER

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

1858







# SKLZ **PRO MINI™**

## PRO MINI HOOP



### PRO MINI HOOP®

#### PRO-GRADE BACKBOARD AND BREAK-AWAY STEEL RIM

- Look, function and durability of a professional-grade hoop
- 18" x 12" / 45,7 x 30,5 cm polycarbonate backboard
- 9" / 22,9 cm steel breakaway rim

0401



## PRO MINI HOOP



### PRO MINI HOOP® XL

PRO-GRADE BACKBOARD AND BREAKAWAY STEEL RIM

- 23" x 16" / 58,4 x 40,6 cm clear polycarbonate shatterproof backboard
- 9.5" / 24,1 cm diameter spring-action "breakaway" steel rim
- Foam-padded, slide-on door mounts

0450



### PRO MINI HOOP® MIDNIGHT

GLOW-IN-THE-DARK FUN

- Glow-in-the-dark parts: ball, backboard and net
- 18" x 12" / 45,7 x 30,5 cm glow-in-the-dark polycarbonate backboard
- 9" / 22,9 cm steel breakaway rim

1715



### PRO MINI HOOP® MICRO

COMPACT PRO-GRADE BACKBOARD, BREAK AWAY STEEL RIM AND FOAM BALL

- Clear polycarbonate easy-mounting shatterproof backboard assembles quickly
- Ball safely with break-away steel rim and 4" / 10,2 cm foam mini-ball
- Padded backing protects the mounting door

2732

## PRO MINI HOOP



### PRO MINI HOOP® SYSTEM

ADJUSTABLE MOBILE HOOP

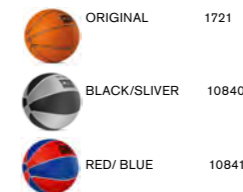
- Adjustable mini-basketball system (3.5"-7" / 8,9-17,8 cm)
- 33" x 23" / 83,8 x 58,4 cm polycarbonate backboard
- 14" / 35,6 cm steel breakaway rim

0433



### SWISH BALL

- 5" / 12,7 cm mini foam basketball
- Available in a 12 pack PDQ







### PRO MINI SOCCER

- Mini soccer goal for hours of fun
- Includes 5" soft and safe foam soccer ball
- Durable construction to withstand long hours of play
- Easy to assemble frame
- Goal measures 22" x 15 3/4" x 16"

10911







### PRO MINI HOCKEY

- Fun mini hockey game to play indoor or outdoor
- Challenge your friends to 1-on-1 games, shootouts or trick shots
- Includes two durable goals, two plastic mini sticks and 1 foam ball
- Easy assembly
- Goals measures 30.5" x 23" x 13.5" and are built from 1.25" PVC

0333





Výhradní zastoupení pro Českou republiku

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