



**SKLZ**»

**BASKETBALL**  
2016



# PREPARE TO BE READY

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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







**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

DRBSTX-000



**LIGHTWEIGHT CONTROL BASKETBALL**

**UNDERSIZED, LIGHTWEIGHT TRAINING BASKETBALL**

- Lightweight ball increases dribbling speed by forcing quicker responses between bounces
- Builds awareness and control while improving feel for the ball
- Increases effectiveness of dribbling drills

LHT-CT-BBALL

**OFFICIAL WEIGHT CONTROL BASKETBALL**

**UNDERSIZED REGULATION-WEIGHT TRAINING BASKETBALL**

- Official weight forces player to pound the ball and builds muscle memory
- Improves handling through ball awareness and control
- Increases effectiveness of dribbling drills

OFF-CT-BBALL

**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 same as regulation ball for more effective training

HVY-CT-BBALL



TRAINING ESSENTIALS



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



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

CASR-001



COURT VISION  
DRIBBLE GOGGLES

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

BLND-100-06



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

MAG02-COA-04



SHOT SPOTZ  
BASKETBALL TRAINING MARKERS AND GAME SET

- Use for positioning and building court awareness
- Fun basketball game and effective learning tool
- Comes with five durable, high-density ground discs, numbered 1 through 5

SHSPZ-000-04



AVAILABLE SUMMER 2016  
COURT MARKERS  
NON-SLIP AGILITY MARKERS

- Build footwork and explosiveness with non-slip, multi-surface markers
- Five colors for use in reactive agility and change-of-directions drills to build quickness
- Low-profile, non-slip design that won't interfere with footwork or ball movement

BBALL-FTMR-001





SHOOTING



RAPID FIRE II  
MAKE-OR-MISS 180° BASKETBALL RETURN

- Adjustable arms for multiple shot angles - baseline, wing, and free throws
- Adjustable poles with weight bags move around for optimal return angles and heights
- All-weather net with pole mounting strap

BBRFSR-001



DOUBLE DOUBLE  
2-IN-1 SHOOTING AND REBOUNDING TRAINER

- 2-in-1 training for more precise shooting and effective rebounding
- Reduces inner rim to 15" to reinforce shooting with correct arc and rotation
- Includes attachable "rejector" for rebounding drills

BBDBL-100-02



KICK-OUT  
360° BALL RETURN SYSTEM

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

SHAR-001



SHOTLOC®  
BASKETBALL SHOOTING TRAINER

- Forces players to keep the ball off the palm of hand
- Promotes proper release and follow-through
- Spreads fingers for better ball stability

Medium SHTLK-130-06  
Large SHTLK-100-06



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

SHTAR-100-04



SQUARE UP  
VISUAL SHOOTING MECHANICS TRAINER

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

SQUP-000-04

BAGS



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



C6 BACKPACK  
ODOR-ELIMINATING TRAINING BACKPACK

- Includes 3, C6 filters to keep bag and contents smelling clean
- Strong, durable fabrics prevent tears
- Padded shoulder straps and handle for comfort
- Personalization available

SKLZ-BKPK30L-001



C6 DUFFLE BAG  
ODOR-ELIMINATING TRAINING BAG

- C6 Technology keeps duffel 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



TRAINING BAG  
SPORT TRAINING ESSENTIALS BAG

- Room for shoes, equipment and holds basketball.
- Expanding, ventilated pocktets for storing sweat-soaked gear
- Built to last multiple seasons

SKLZ-SBALPK-001



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

TEAM  
CUSTOMIZATION  
AVAILABLE





# 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

**Also available in bulk**

Yellow (10 pk) APD-MBYLW-000

Red (10pk)    APD-MBRED-000

Black (10pk)    APD-MBBLOCK-000

Light

Medium

Heavy



**MASSAGE BAR**  
SOFT-TISSUE MASSAGE TOOL

- Mountain bike-inspired grip for more comfort and ease of use
- Provides myofascial release therapy to get rid of knots and help sore muscles recover faster
- Unique ball bearing rollers for smoother skin contact, reduced pinching and pulling

APD-MSGBR-04



**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



**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

ROLB-001-12



**MOBILITY BAR**  
STRENGTH, STABILITY AND MOBILITY TRAINER

- Increases shoulder range-of-motion and flexibility
- Helps improve shoulder strength and reduce the chance of injury
- Ideal warm-up and recovery tool for overhead athletes

MCMB-001



**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



**MASSAGE ROLLER**  
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



**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



**ACCU BALL**  
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



**DUAL POINT MASSAGER**  
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





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
- 8 lb MBRT-008
- 10 lb MBRT-010
- 12 lb MBRT-012
- 15 lb MBRT-015



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



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



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



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



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



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







**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



**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



**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



**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



**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



**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



**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  
Medium    APD-PBDMED-04  
Heavy      APD-PBHVV-04  
Extra Heavy APD-PBXHVV-04



**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



**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



**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  
65 cm    STAB-65-001  
75 cm    STAB-75-001



**STABILITY BALL PRO**  
HEAVY DUTY EXERCISE BALL

- Provides instability for dynamic strength training
- Target core and stabilize muscles
- Integrate balance training into all levels of sports performance or rehabilitation

65 cm    PRO-SBP65-04



**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





TRAINING CABLE

STRENGTH TRAINER

- Builds strength, stability and power
- Expands capabilities of any home gym
- Compatible and interchangeable with all Slide-Lock™ components



Extra Light 10-20 lb	TC10BX-ELT
Light 30-40 lb	TC30BX-LGT
Medium 50-60 lb	TC50BX-MED
Heavy 70-80 lb	TC70BX-HVY
Extra Heavy 90-100 lb	TC90BX-XHY



DUAL HANDLES

FUNCTIONAL TRAINING HANDLES

- Connected handles enhance upper body training
- Flared-grip, non-rub design for added comfort
- 360° rotation allows for full range movement

SWVH-HNDL-04



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

PRO-QCFH01-06



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



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



CHOP BAR

ROTATIONAL POWER TRAINER

- Builds new levels of core strength and rotational power
- Trains sport-specific swing movements
- 360° rotation allows for full range movement

SWVB-CHP-04



UNIVERSAL CUFF

FUNCTIONAL TRAINING CUFF

- Upper and lower body attachment to build strength and stability
- 360° rotation allows for full range of motion
- Pair with Universal Anchor for optimal training

SWVC-CUFF-04



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



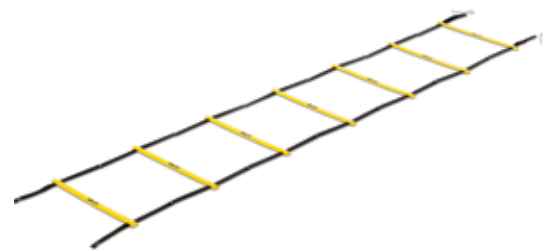
DOOR ANCHOR

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





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

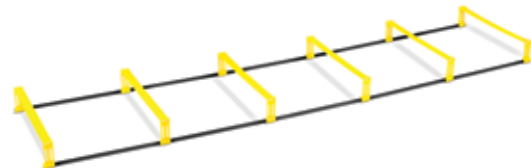


QUICK LADDER

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



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



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
- No retail packaging

2" Cone - Set of 20 TIAC-001

6" Cone - Set of 4 SIAC-001

9" Cone - Set of 8 NIAC-001



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
- No retail packaging

Set of 2 ACWT-001



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



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



AGILITY CONES

20 CONES IN 4 COLORS

- Multiple high-visibility colors for marking training areas
- Durable, will not break when stepped on

2" Cone - Set of 20 SAQ-HSC01-02



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
- No retail packaging

Set of 4 PTAB-BAND-001



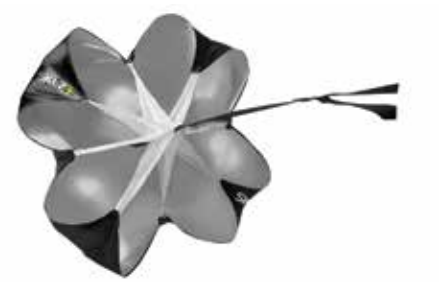
PRO TRAINING AGILITY POLES

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

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



SPEEDSAC™

VARIABLE-WEIGHT SPRINT TRAINER

- Improves 40-yard dash times, overall speed and explosiveness
- Boost acceleration and stride length
- Strengthens lower-body muscle groups

SAQ-SS01-02



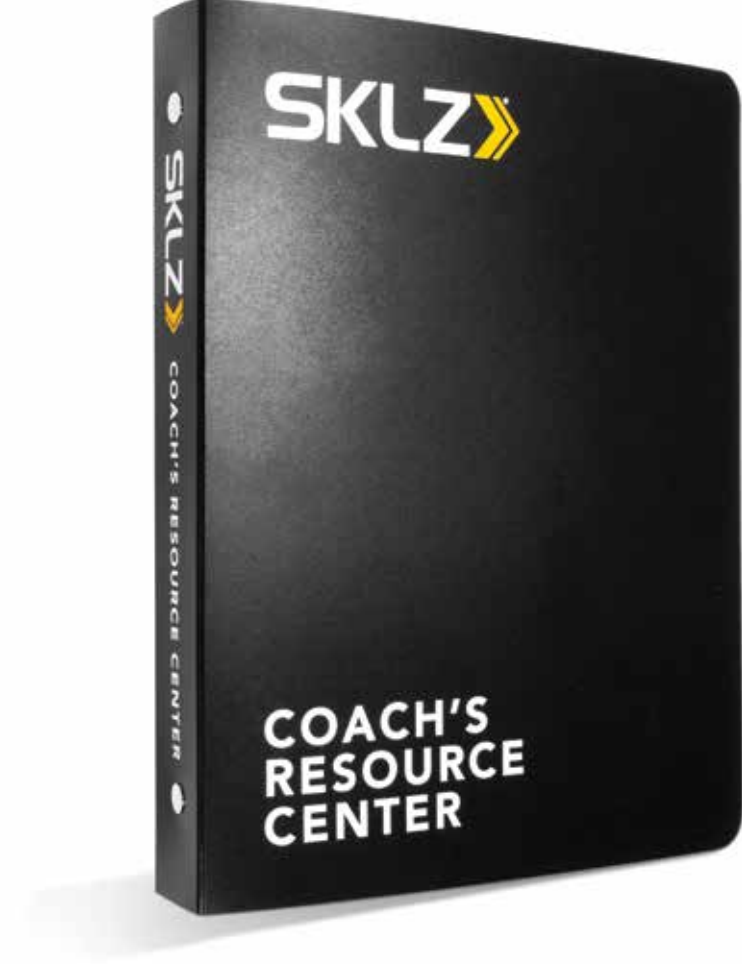
REACTION BALL®

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

TRAINING AIDS



COACH'S RESOURCE CENTER

EXOS, the leader in human performance, designed this step-by-step guide to give coaches drills and programs to improve their team's performance capabilities. This durable binder includes scores of drills based on EXOS proven methodology used to train world-class athletes and is now available exclusively through SKLZ OTP.

Divided into 5 sections, you'll learn why each section is important, how to coach each movement and simple steps to design a comprehensive performance training program to keep your athletes safe and get them strong for sport.

Sections include: warm-up, speed and agility, strength and power, fitness and conditioning and recovery Simple instructions to adjust program for preseason, in-season and off-season.

Efficient design makes it easy to understand. Less time planning, more time training.





## 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



### 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



### JUMP ROPE

#### CONDITIONING TRAINER

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

JROP-001



### 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



### 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

1.5lb HROP-15-001

2lb HROP-2-001

