



SKLZ

2018

A red baseball is mounted on a concrete wall. A hand is reaching out from the right side of the frame, positioned as if about to catch or touch the ball. The background shows a modern building with large glass windows and a concrete structure.

PREPARE TO BE

PERFORMANCE

Warm-up/Recover.....	5
Speed/Agility.....	9
Strength/Power.....	11
Self-Guided.....	16
Functional Training System.....	17
Fitness/Conditioning.....	21
Bags.....	22

BASKETBALL

Dribbling.....	25
Shooting.....	28
Training Essentials.....	29

SOCCER

Finishing.....	34
Passing / Receiving.....	35
Goals.....	38
Pro Training System.....	39
Essentials.....	40

BASEBALL

Finishing.....	43
Hitting.....	45
Nets.....	47

FOOTBALL

Essentials.....	49
-----------------	----

PRO MINI HOOP

.....	53
-------	----

SPORT-BRELLA

Shelter.....	58
Chairs.....	59



READY

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.**

#BEREADY

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.





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 18-09-7559-97-0

APD-MBYLW-000 (10er Pack Gelb) 18-30-7559-53-01

APD-MBRED-000 (10er Pack Rot) 18-30-7559-53-01



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 18-19-7559-42-01



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

PERF-TMBR-01 18-15-7559-53-01



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 18-16-7559-64-01



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 18-09-7559-97-01



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 18-19-7559-42-01



TRIGGER STRAP

HANDS-FREE TRIGGER POINT RELEASE TOOL

- Innovative, hands-free trigger point release tool
- Long strap for manual leverage on all body parts
- Specially molded, non-slip knob for more targeted, efficient release

PERF-TRG-001 18-22-7559-19-01



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 18-12-7559-19-01



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

PERF-DUMSG-004 18-08-7559-31-01



MOBILITY BAR

STRENGTH, STABILITY AND MOBILITY TRAINER

- Increase 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 18-55-7559-53-01



WARM-UP / RECOVER



BARREL ROLLER

ULTRA-DURABLE MASSAGE ROLLER

- Use before and after activities to stretch, strengthen and increase muscle flexibility
- Firm density for athletes with average muscle mass and basic tissue regeneration needs
- Advanced hollow-core, extra-durable construction

PERF-BRF-001 18-27-7559-75-01



TRAVEL BARREL ROLLER

ULTRA-DURABLE PORTABLE MASSAGE ROLLER

- Firm yet comfortable density for athletes with basic tissue regeneration needs
- Perfect for massaging soft tissue, stretching, and increasing joint and muscle flexibility
- Designed to withstand repeated use without breaking down

PERF-TRVBRF-001 18-19-7559-42-01



HYDRO ROLLER

FOAM ROLLER + WATER BOTTLE

- High-density foam for more efficient massage and point release
- Holds 28 oz. of fluid to keep your muscles hydrated and flexible
- Stainless steel bottle that won't dent or crush
- Convenient design cuts waste and the amount of items in your gear bag

PERF-HYDRO-006 18-27-7559-75-01



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

PERF-EXRO-01 18-12-7559-75-01



TARGETED MASSAGE BALL

5" DEEP TISSUE THERAPY BALL

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

PERF-MSLG-01 18-09-7559-97-01



FOOT MASSAGE BALL

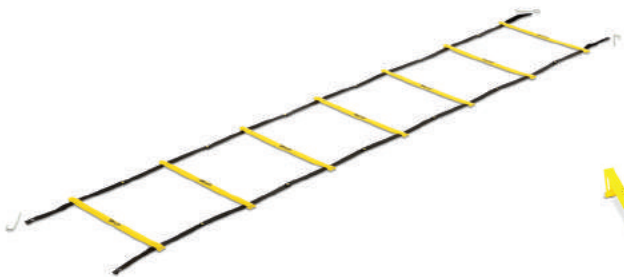
2.5" DEEP TISSUE THERAPY BALL

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

PERF-MBSM-01 18-05-7559-53-01



SPEED / AGILITY



QUICK LADDER PRO

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 18-33-7559-31-01



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 18-27-7559-75-01



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 18-18-7559-31-01



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

PERF-ACCTR-001 18-38-7559-86-01



SPEEDSAC™

- 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 18-55-7559-53-01



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 18-22-7559-19-01



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 18-44-7559-42-01



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 18-13-7559-86-01



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 18-05-7559-53-01

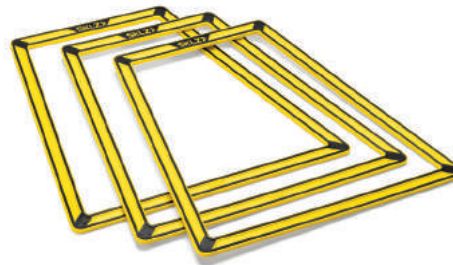


6X HURDLES

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

H6IN-001 18-33-7559-31-01



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

PERF-AGTR-001 18-66-7559-64-01

STRENGTH / POWER



2,72KG



3,63KG



5,44KG



4,54KG



6,80KG

MED BALL

WEIGHTED TRAINING BALL

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



Extra Light ← → Extra Heavy

Extra Light 6 lb MBRT-RTL-006 18-27-7559-75-01

Light 8 lb MBRT-RTL-008 18-30-7559-53-01

Medium 10 lb MBRT-RTL-010 18-33-7559-31-01

Heavy 12 lb MBRT-RTL-012 18-36-7559-08-01

Extra Heavy 15 lb MBRT-RTL-015 18-41-7559-64-01



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

PERF-CRTSL-001 18-15-7559-53-01



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 18-16-7559-64-01



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 18-44-7559-42-01



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 18-27-7559-75-01



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 18-33-7559-31-01



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 18-19-7559-42-01



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 18-44-7559-42-01

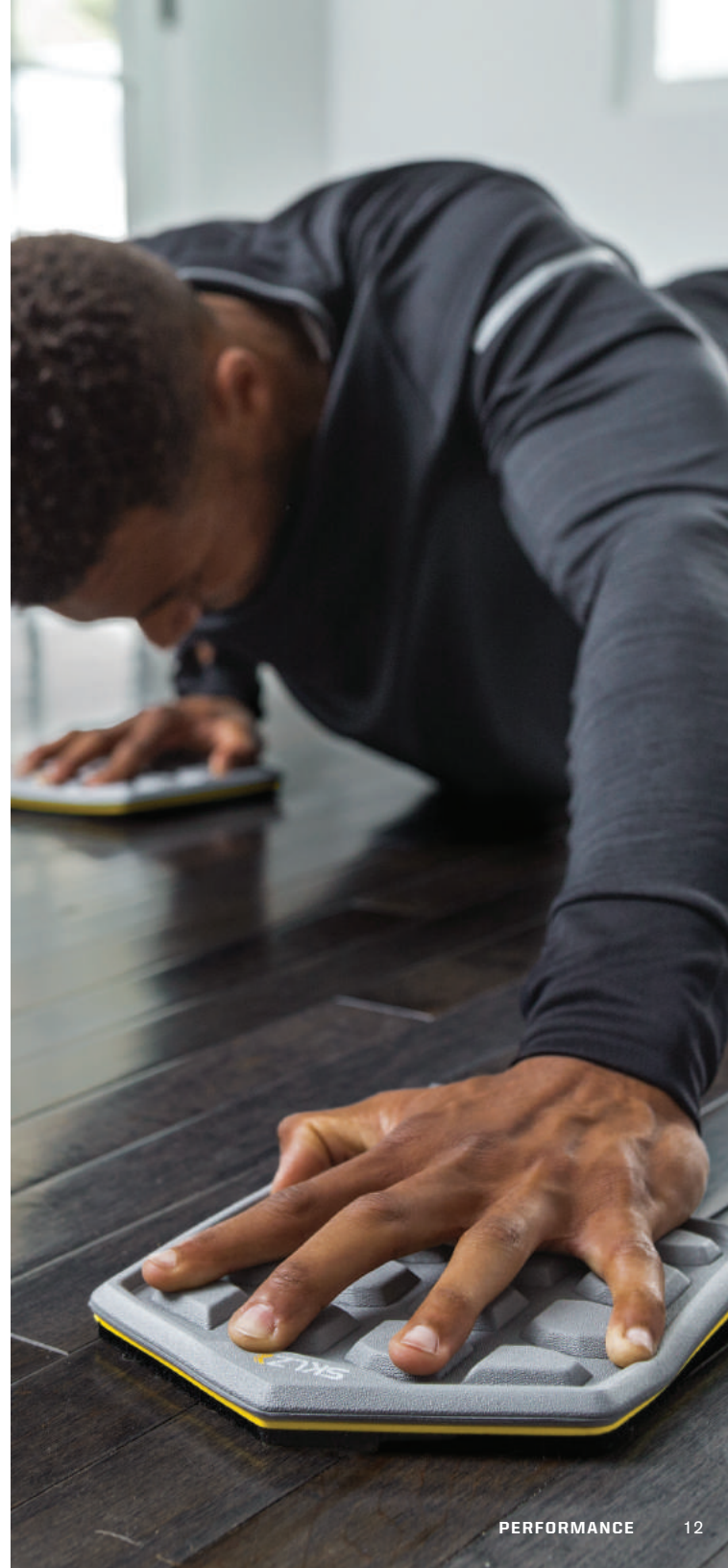


BALANCE PAD

BALANCE AND STABILITY TRAINER

- Destabilizing properties enhance balance and core strength training
- Perfect for seated or standing training and rehabilitative exercises
- Textured, slip-resistant surface

PERF-BLC-001 18-38-7559-86-01



STRENGTH / POWER



WEIGHTED VEST PRO

ADJUSTABLE-WEIGHT TRAINING VEST

- Get more results from your training by adding valuable resistance that won't compromise technique
- Vest straps easily adjust to fit larger athletes
- Converts to a sandbag for endless weight and resistance exercises
- Weight adjusts up to 20 lbs

PERF-WV20-01 18-94-7559-42-01



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 18-55-7559-53-01

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



Extra Light	APD-PBDLT-04	18-11-7559-08-01
Medium	APD-PBDMED-04	18-13-7559-86-01
Heavy	APD-PBHVY-04	18-19-7559-42-01
Extra Heavy	APD-PBXHVY-04	18-22-7559-19-01



ESSENTIALS



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	18-16-7559-64-01
65 cm	STAB-65-001	18-16-7559-64-01
75 cm	STAB-75-001	18-16-7559-64-01



Roll mid back to shoulders
:30 TO :60 SECONDS



GLUTES

Lie on side of hip
Roll between hip and pelvis
:30 TO :60 SECONDS EACH SIDE



Lie on outer front of hip
Roll just below pelvis
:30 TO :60 SECONDS EACH SIDE



SELF-GUIDED



TRAINER MED BALL

3,6KG SELF-GUIDED MEDICINE BALL

- Illustrates exercises with clear visuals printed directly on it
- Shows muscles being targeted to add strength and build muscle
- Includes recommended sets and reps

PERF-MEDB-001 18-30-7559-53-01



TRAINER BALL

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 18-22-7559-19-01



TRAINER ROLLER

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

PERF-20ROLL-002 18-27-7559-75-01



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

APD-G2M-PEF-04 18-22-7559-19-01

FUNCTIONAL TRAINING SYSTEM



4,5kg - 9,0kg



13,5kg - 18,0kg



22,5kg - 27,0kg



31,5kg - 36,0kg



40,5kg - 45,0kg



Extra Light ← → Extra Heavy

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	18-07-7559-19-01
Light 30-40 lb	TC30BX-LGT	18-08-7559-31-01
Medium 50-60 lb	TC50BX-MED	18-09-7559-42-01
Heavy 70-80 lb	TC70BX-HVY	18-09-7559-97-01
Extra Heavy 90-100 lb	TC90BX-XHY	18-11-7559-08-01



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 18-06-7559-64-01



DOOR ANCHOR

ANKER FÜR WIDERSTANDSBÄNDER

- Geeignet für bis zu drei 45kg-Widerstandsbänder
- Die flexible Halterung reduziert Reibung und Verschleiß und erhöht die Langlebigkeit der Widerstandsbänder
- Kann an jeder Türangel für noch mehr Trainingsmöglichkeiten befestigt werden

PRO-DA01-10 18-02-7559-75-01



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 18-08-7559-31-01



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 18-09-7559-97-01



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 18-11-7559-08-01



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 18-22-7559-19-01





4,5kg - 9,0kg



13,5kg - 18,0kg



22,5kg - 27,0kg



31,5kg - 36,0kg



40,5kg - 45,0kg

RESISTANCE CABLE SETS

STRENGTH TRAINER WITH TWO ERGONOMIC HANDLES

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

Extra Light 10-20 lb	RESC10-ELT	18-13-7559-86-01
Light 30-40 lb	RESC15-LGT	18-15-7559-53-01
Medium 50-60 lb	RESC20-MED	18-16-7559-64-01
Heavy 70-80 lb	RESC25-HVY	18-17-7559-75-01
Extra Heavy 90-100 lb	RESC30-EHY	18-19-7559-42-01



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 18-99-7559-97-01



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

PF-SRL730-004-01 18-16-7559-64-01



JUMP ROPE

CONDITIONING TRAINER

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

JROP-001 18-07-7559-19-01



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 18-111-7559-08 -01



C6 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 18-38-7559-86-01



TRAINING BAG

SPORT TRAINING ESSENTIALS BAG

- Room for cleats, shin guards, goalie gloves, an official size 5 ball and more
- Expanding, ventilated pockets for storing sweat-soaked gear
- Built to last multiple seasons
- Bag measures approximately 18" x 15" x 3"

SKLZ-SBALPK-001 18-19-7559-42-01





BASKE

TBALL





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 18-55-7559-53-01





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 18-16-7559-64-01

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 18-19-7559-42-01

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 18-27-7559-75-01



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 18-66-7559-64-01



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 18-30-7559-53-01



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 18-19-7559-42-01

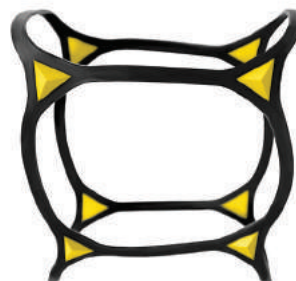


SHOTLOC®

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 18-07-7559-19-01
Large SHTLK-100-06 18-07-7559-19-01



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 18-09-7559-97-01



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 18-06-7559-64-01



D-MAN PRO

ADJUSTABLE DEFENSIVE MANNEQUIN

- Innovative design with fully adjustable arms and legs
- Ideal for shooting, dribbling, and passing drills
- Adjusts in height from 5' 5" to 9' 5"

BBALL-DMAN-001 18-94-7559-42-01



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 18-44-7559-42-01
 DMBK-RED-03 18-44-7559-42-01
 DMBK-BLU-04 18-44-7559-42-01



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 18-16-7559-64-01



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 18-77-7559-75-01



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 18-22-7559-19-01



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 18-06-7559-64-01





SOC

WARNING
DO NOT
CLIMB

CER







FINISHING

**NEW:
ALSO FOR YOUTH GOALS**



GOALSHOT®

SHOOTING & FINISHING TRAINER

- 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'x8'	PRGT-SHOT-001	18-172-7559-19-01
5m x 2m (Y-Goals)	SC-GSH5x2-001-01	18-161-7559-08-01
21'x7'	SC-GSH217-001-01	18-166-7559-64-01



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

QR64-001 18-77-7559-75-01



KICKBACK

STRIKE AND PASS TRAINER

- Practice free kicks, corner kicks and penalty kicks without chasing balls
- Build muscle memory for shooting to different goal zones through repetition
- Multiple cord lengths for a variety of training drills

Size 5 SOC-KICK5-001 18-33-7559-31-01



KICK COACH

TOUCH TRAINER

- Vibrates to reinforce proper touch for accurate passing, receiving and shooting
- Helps build muscle memory, key to proper ball striking and mastering technique
- Versatile fit for all parts of either foot—instep for passing or receiving and laces for shooting, driving and dribbling

KKCO-001 18-12-7559-19-01



STAR-KICK® ELITE

PREMIUM SOLO SOCCER TRAINER

- Build touch with true rolls and bounces, without the chase
- Maximize touches and training time for more results
- High-quality cord that stretches up to 18'

SOCC-EKIC-005 18-22-7559-19-01



STAR-KICK®

SOLO SOCCER TRAINER

- Hands-free trainer allows players to maximize the number of touches on the ball with more mobility
- Ball sleeve and belt turns your soccer ball into a solo kick and return trainer
- Fits size #3, #4 and #5 soccer balls

SK01-195-06 18-09-7559-97-01



FIELDING TRAINER

GROUNDERS, LINE DRIVE AND FLY BALL RETURN NET

- Three hit-like returns—grounders, line drives and fly balls
- Settings switch easily for more dynamic practices and training
- Simple setup and breakdown for convenient travel and storage

DIAM-FLDTR-001 18-69-7559-42-01





GOALS



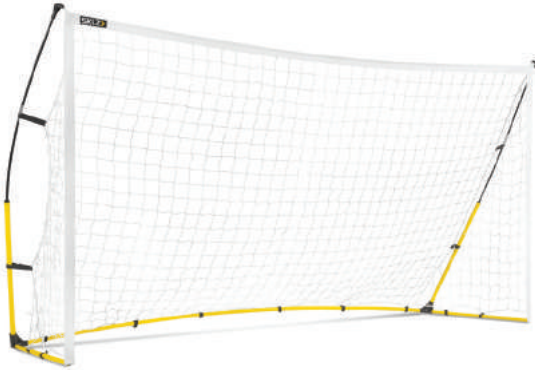
PRO TRAINING GOAL

SOCCER TRAINING GOAL

- Portable goal built to withstand powerful shots
- Works on turf and grass
- Authentic goal look with white net, crossbar and posts
- No retail packaging

1,52m x 0,91m - Q53P-001	18-77-7559-75-01
2,44m x 1,52m - Q85P-001	18-122-7559-19-01
3,66m x 1,83m - Q12P-001	18-166-7559-64-01
5,49m x 2,32m - Q186-001	18-211-7559-08-01

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

1,83m x 1,22m - QKS-SCR6-02	18-55-7559-53-01
3,66m x 1,83m - 12QKS-000	18-105-7559-53-01



GOAL-EE™ SINGLE

QUICK-SETUP SOCCER GOAL

- Lightweight goal, built to withstand powerful shots
- Use for skill training or pickup games
- Easy setup, takedown and storage

SC-GLE001-004-01	18-24-7559-97-01
------------------	------------------



QUICKSTER SUPERLITE SOCCER GOAL

LIGHTWEIGHT, PORTABLE GOAL

- Designed to work on grass, turf and court
- Sets up and breaks down in seconds
- Two attached ground stakes

QSL5-001	18-44-7559-42-01
----------	------------------

PRO TRAINING SYSTEM



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 18-38-7559-86-01



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

5cm Cone - 20er Set TIAC-001 18-19-7559-42-01

15cm Cone - 4er Set SIAC-001 18-13-7559-86-01

23cm Cone - 8er Set NIAC-001 18-16-7559-64-01



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

ACWT-001 18-30-7559-53-01



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 18-13-7559-86-01



PERFORMANCE SHIRT MEN

BREATHABLE TRAININGSSHIRT

- Stylish functional shirt for sport and everyday life
- Elastic mesh inserts on the side
- Quick drying material
- Sublimated print

SKLZ-SHIRT-MEN 18-24-7559-97-01



PERFORMANCE SHIRT WOMEN

BREATHABLE TRAININGSSHIRT

- Stylish functional shirt for sport and everyday life
- Elastic mesh inserts on the side
- Quick drying material
- Sublimated print

SKLZ-SHIRT-WOMEN 18-24-7559-97-01



ESSENTIALS



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

MAG-SOC-001 18-13-7559-86-01



TRAINING VEST

BREATHABLE VESTS

- Lightweight material that won't cause players to over-heat
- Breathable material for hot days and high-intensity practices
- Adult sizes only – one size fits most

TVEST-YEL-001 18-05-7559-53-01

TVEST-RED-001 18-05-7559-53-01



SKLZ

BASE

FALCONS BASEBALL

BALL



BALLS



WEIGHTED BASEBALLS

WEIGHTED STRENGTH-TRAINING BALLS

- Perfect for pre-game warm-up
- Leather cover with raised seams
- 9" official size weighted baseballs

WB01-000-04 18-13-7559-86-01



BULLET BALL

SPEED DETECTION TRAINING BALL

- Ideal pitching trainer for any age or skill level; easily adjusts between little and big league distances to the plate
- Accurately measures velocities up to 120 mph
- Official size and weight

BLT01-000-04 18-11-7559-08-01



CONTACT BALL

15OZ CONTACT TRAINING BALL

- Instantly shows when hitters make solid contact
- Develops proper follow-through and a stronger swing
- Built to last with solid, durable materials

BBCB-001 18-05-7559-53-01



POWER THRU

HEAVY BALL HITTING TRAINER

- Encourages players to drive through the ball
- Promotes proper hip rotation and follow-through
- Improves wrist and forearm strength for more power

PWRBL-100-04 18-11-7559-08-01



IMPACT SOFTBALLS

HEAVY-DUTY LIMITED-FLIGHT SOFTBALLS

- Provides hitters instant feedback on contact
- Extremely durable and built to last thousands of hits
- Proprietary pop-back technology that collapses on contact without cracking
- Includes 8 balls, standard softball size (11 inches)

WFSFTBL-001 18-11-7559-08-01



MINI IMPACT BALLS

INDESTRUCTIBLE PRACTICE BALL

- Mini size improves hand-eye coordination
- Pop-back material collapses on impact, but won't dent
- Limited flight design means you can swing away wherever you train
- Includes 12 balls

MIMPBB-001 18-05-7559-53-01





HITTING



PRO TEE

PROFESSIONAL GRADE BATTING TEE

- Rock-solid footing from its removable **8 lb base**
- Built to last due to heavy-duty, advanced design and construction
- Exceptional portability with its snap-locking steel shaft for instant assembly, and disassembly

PTBB-001 18-55-7559-53-01



TRAVEL TEE

QUICK SETUP, ULTRA-DURABLE BATTING TEE

- Dual-wrapped tee top provides “give” and stability
- Collapses down completely and fits easily into bat bags
- Quickly folds out for easy setup
- Replaceable tee top

BTTRV-DLX-02 18-27-7559-75-01

HITAWAY PTS

PORTABLE TRAINING STATION

- All the benefits of the Hit-A-Way built into a portable system
- Solidly built for continuous training (35 lb)
- Integrated Hit-A-Way

HW01-PTS 18-83-7559-31-01

HITAWAY SOFTBALL

WORLD'S #1 SOFTBALL SWING TRAINER

- Develops better swing and stance mechanics
- Improves timing and confidence
- Get up to 500 swings per hour without ever chasing a ball

SJS02-10TH-04 18-16-7559-64-01





HITAWAY BASEBALL

HIGH-REPETITION SOLO BATTING TRAINER

- Develops better swing and stance mechanics
- Improves timing and confidence
- Get up to 500 swings per hour without ever chasing a ball

SJS01-10TH-04 18-16-7559-64-01



HURRICANE

HIGH-REP SOLO SWING TRAINING MACHINE

- Helps players build power
- Can be used for static tee practice or as a dynamic moving target
- Adjustable height for virtually any player or ball position

JS10-000 18-111-7559-08-01



POWER COMBO

BULLET BAND AND HANDLE SET

- Bullet Band increases shoulder and arm strength to throw harder and pitch faster
- Power Handle generates explosive bat power, improves core rotational velocity, and strengthens forearms and wrists
- Easily change between the bat handle attachment and the official sized baseball attachment

BTHND-000-04 18-22-7559-19-01



GROUNDBALL TRAINER

FIELDING TRAINER

- Tension cord provides realistic ball return to player
- Velcro strap easily attaches to glove
- Soft-core ball at regulation size and weight

GBTRNR-100 18-11-7559-08-01



ZIPNHIT

GUIDED PITCH AND RETURN BATTING TRAINER

- Practice hitting pitches of different speeds and movement
- Simply pull cords apart to “zip” the pitch to the batter
- Comes with an attachment clip and strap, to practice almost anywhere

SZH01-000-04 18-16-7559-64-01



FIELD SHIELD

FULL-FACE PROTECTION SHIELD

- Full visibility for top performance and maximum protection
- Ultra-lightweight and extremely strong
- Available in S/M and L/XL

FM01-000-04 18-22-7559-19-01

FM04-000-04 18-22-7559-19-01

NETS



VAULT NET

8X8 LARGE MOUTH NET

- More hitting, less retrieving with 64 square feet of coverage – the largest net in baseball
- Kickbacks are eliminated with 'vault' to catch and keep every ball
- Get seasons worth of training from long-lasting, reinforced netting

QBM8-001 18-83-7559-31-01



QUICKSTER SPORT NET 5X5

ULTRA-PORTABLE QUICK SETUP NET

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Includes removable pitching target and carry bag

5QKS-000 18-55-7559-53-01



QUICKSTER SPORT NET 7X7

ULTRA-PORTABLE QUICK SETUP NET

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Includes removable pitching target and carry bag

7QKS-000 18-72-7559-19-01



PRACTICE NET

QUICK SETUP MULTI-SPORT NET

- Sets up and breaks down in under 90 seconds
- Utilizes Tension-Tite™ Frame Technology
- Includes removable pitching target and carry bag

QS03-100 18-33-7559-31-01



FIELDING TRAINER

GRINDER, LINE DRIVE AND FLY BALL RETURN NET

- Three hit-like returns—grounders, line drives and fly balls
- Settings switch easily for more dynamic practices and training
- Simple setup and breakdown for convenient travel and storage

DIAM-FLDTR-001 18-69-7559-42-01





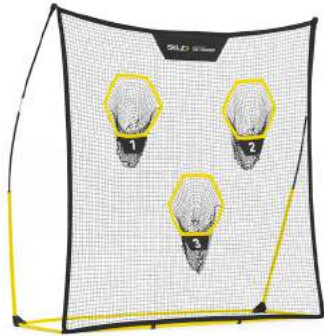
FOOT

BALL





ESSENTIALS



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 18-83-7559-31-01



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 18-11-7559-08-01



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

FFDX-001 18-27-7559-75-01



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 18-11-7559-08-01



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 18-11-7559-08-01



PRO MINI

SKLZ
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" polycarbonate backboard
- 9" steel breakaway rim

HP04-000-02 18-22-7559-19-01



PRO MINI HOOP BALL

- 5" mini rubber basketball

HP04-BALL 18-03-7559-86-01



PRO MINI HOOP® XL

PRO-GRADE BACKBOARD AND
BREAKAWAY STEEL RIM

- 23" x 16" clear polycarbonate shatterproof backboard
- 9.5" diameter spring-action "breakaway" steel rim
- Foam-padded, slide-on door mounts

HP01-000-02 18-33-7559-31-01



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" foam mini-ball
- Padded backing protects the mounting door

SPMH-MIC-01 18-19-7559-42-01



PRO MINI HOOP® MIDNIGHT

GLOW IN THE DARK FUN

- Glow-in-the-dark parts: ball, backboard and net
- 18" x 12" glow-in-the-dark polycarbonate backboard
- 9" steel breakaway rim

HP14-MDNT-000 18-33-7559-31-01



SWISH FOAM BALL

- 13cm Mini-Basketball

HP14-FOAM-BALL 18-03-7559-31-01



MICRO BALL

- 10cm Mini-Basketball

SPMH-MIC-BALL 18-03-7559-31-01



SWISH FOAM BALL GREEN

- 13cm Glowing in the dark Basketball

HO16-PMGS-BALL 18-03-7559-31-01





SPORT»BRELLA®

SHELTER



SPORT-BRELLA®

8-FOOT INSTANT SUN & WEATHER SHELTER

- All-season protection from sun, wind and rain
- Instant 8' Pop Up Shelter with side flaps for full domed coverage
- Perfect for all outdoor activities
- UPF 50+ lining blocks 99%+ UV rays for maximum protection
- Top vents and side zippered windows for preferred ventilation
- Telescoping center pole extension can be hammered into the ground
- Heavy-duty metal ground stakes with easy-cinch, tie-down cords for stability
- Two internal storage pockets to store valuables or gear (also can be used as weighted pockets)
- Protective eye tips for safety
- Under 10 lbs for easy transport and storage within included travel bag

RED BRE01-050-02 18-38-7559-86-01

BLUE BRE01-075-02 18-38-7559-86-01



SPORT-BRELLA® XL

9-FOOT INSTANT SUN & WEATHER SHELTER

- All-season protection from sun, wind and rain
- Instant 9' Pop Up Shelter with side flaps for full domed coverage
- Perfect for all outdoor activities
- UPF 50+ lining blocks 99%+ UV rays for maximum protection
- Top vents and side zippered windows for maximum ventilation
- Telescoping metal center pole extension can be hammered into the ground
- Heavy-duty steel ground stakes with easy-cinch, tie-down cords for stability
- Two internal storage pockets to store valuables or gear (also can be used as weight pockets)
- Protective eye tips for safety
- Under 10 lbs for easy transport and storage in side included travel bag

STEEL BLUE BRE01-XL-070-02 18-49-7559-97-01

DEEP RED BRE01-XL-055-02 18-49-7559-97-01





SPORT-BRELLA® BEACH CHAIR

FOLD-OUT LOW PROFILE CHAIR WITH 360° SWIVEL UMBRELLA

CHAIR

- Low reclined profile; perfect for the beach or any activity
- Extra-wide seat and high back provides ultimate comfort
- Includes integrated cup-holder and cushioned armrest
- Lightweight steel frame for go-anywhere use
- Chair and umbrella fold down together for compact transport in included carry bag
- 300 lb maximum weight capacity

UMBRELLA

- Stylish patented umbrella connects to either side of chair
- 3-point swivel and two push button hinges for total coverage
- UPF 50+ lining blocks 99%+ UV rays for maximum protection
- Protective eye tips for safety

BLUE BRE03-270-04 18-38-7559-86-01

AQUA BRE03-580-04 18-38-7559-86-01



VERSA-BRELLA

ALL-POSITION ADJUSTABLE UMBRELLA WITH UNIVERSAL CLAMP

- Stylish patented umbrella connects easily to chairs and other surfaces
- Heavy-duty universal clamp adjusts to both round and squared surfaces for a secure fit up to 1 1/2"
- Patented 360° swivel umbrella for sun protection in any direction
- UPF 50+ lining blocks 99%+ UV rays for maximum protection
- Three push-button hinges for easy position adjustment
- Protective eye tips for safety
- Included carry bag for compact lightweight transport

FIREBRICK RED VERS-BR10-08 18-15-7559-53-01

MIDNIGHT BLUE VERS-BR20-08 18-15-7559-53-01

FIREBRICK RED XL VERSXL-BR10-01 18-19-7559-42-01

MIDNIGHT BLUE XL VERSXL-BR20-01 18-19-7559-42-01





SPORT-BRELLA RECLINER-CHAIR

3 LEVEL RECLINING SPORT CHAIR WITH 360° SWIVEL
UMBRELLA AND FOOTREST

CHAIR

- Ultra-strong, lightweight steel construction for durability
- Extra-wide seat provides all day comfort
- Includes built-in insulated pocket (holds up to 4 drinks), cup-holder and storage pocket with bottle opener
- Chair and umbrella fold down together for compact transport in included carry bag
- 300 lb maximum weight capacity

UMBRELLA

- Stylish patented umbrella connects to either side of chair
- 3-point swivel and two push button hinges for total coverage
- UPF 50+ lining blocks 99%+ UV rays for maximum protection
- Protective eye tips for safety

MIDNIGHT BLUE BRE03-615-04 18-44-7559-42-01





**SKLZ****EXOS**

OFFICIAL TRAINING PARTNERS

MODUŁ 1 MENTORSHIP

Moduł 1 zawiera wprowadzenie do metodologii EXOS poprzez przedstawienie zagadnień w formie teorii jak i zajęć praktycznych. Moduł 1 to pierwszy rok do rozwinięcia wiedzy z zakresu metodologii bazy naukowej leżącej u podstaw systemu, z którego korzystają najlepsi sportowcy na świecie zdobywając największe sukcesy.

4-dniowy cykl edukacyjny uczy w zintegrowany sposób specjalistów takich jak: trenerzy przygotowania motorycznego, trenerzy personalni, fizjoterapeuci związanych z poprawą przygotowania motorycznego na różnych etapach pracy z sportowcem. Zintegrowany system EXOS zawiera kompleksowe elementy przygotowania motorycznego, w tym: odżywianie, przygotowanie ruchowe, aspekty psychologiczne, regeneracja.

Cykl szkoleń EXOS Performance Mentorship stwarza okazje nie tylko do pozyskania wiedzy z zakresu metodologii EXOS ale również do wymiany doświadczeń* z trenerami, którzy na co dzień pracują z najlepszymi sportowcami z różnych dziedzin sportu.

Poznaj metodologię EXOS Performance Mentorship, która pozwala efektywnie pracować i poprawić przygotowanie motoryczne czy to ze sportowcami na poziomie zawodowym, rekreacyjnym czy pacjentami.

MODUŁ 2 MENTORSHIP

Moduł 2 oferuje okazję do poszerzenia wiedzy i praktyki z zakresu zrozumienia systemu treningu EXOS wraz z rozwijaniem umiejętności i warsztatu pracy trenera przygotowania motorycznego z zakresu metodologii i progresji w treningu sportowym. Podczas szkolenia omawiane są zagadnienia związane z oceną i treningiem, uczestnicy mają możliwość przedstawienia swoich umiejętności na forum grupy prowadząc jednostkę treningową.

Cykl szkoleń EXOS Performance Mentorship stwarza okazje nie tylko do pozyskania wiedzy z zakresu metodologii EXOS ale również do z zakresu metodologii EXOS ale również do wymiany doświadczeń z trenerami, którzy na co dzień pracują z najlepszymi sportowcami z różnych dziedzin sportu.

Poznaj metodologię EXOS Performance Mentorship, która pozwala efektywnie pracować i poprawić przygotowanie motoryczne czy to ze sportowcami na poziomie zawodowym, rekreacyjnym czy pacjentami.



DIVISION B-2 Sp. o.o. Sp.k.
ul. Szamotulska 15
62-081 Baranowo

tel. +48 61 8499411
fax. +48 61 8499407
contact@Division-B2.com.pl

www.Division-B2.com.pl
facebook.com/sklzpoland