**A**

**Apology**



**B**

**Breakfast Breathing** 

**C**

**Cardiovascular Endurance Cool down**



**D**

**Dodging Dribbling**



**Defense**



**E**

**F**

**Food Frequency**



**G**

**H**

**Handshake Hydration**



**I**

**Intensity**



**J**

**Jog**



**K**

**L**

**M**

**Moderate exercise Muscular strength**

**and endurance**



**N**

**O**

**Opposition Overhead catch**



**Offense**



**P**

**PACER Prevention**



**Q**

**R**

**Reaction time**



**S**

**Swinging an object Strategy**



**Sportsmanship Self-confidence**



**T**

**Throwing Type**



**Time**



**U**

**V**

**Vigorous activity**



**W**

**Water**



**X**

**Y**

**Yoga**



**Z**