

EPSC

1-22-08

U8 GYMS

FAST FOOTWORK.



- MUST STEP IN BETWEEN CONES, SPRINT TO END

START FROM KNEELING
SITTING
PRONE

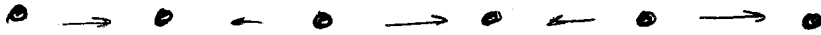
- MUST KEEP CONES BETWEEN FEET (STRADLE)

SAA



- LONG SLIDES, SIDE TO SIDE

- BACKWARDS / FORWARDS



SPRINT, FACING DIR OF ARROWS