

2/5/08 FAST FOOT WORK

- INSIDE OUTSIDE INSIDE OUTSIDE

- TRIANGLE

- SIDE TO SIDE - TOUCH CONE (MUST STAY LATERAL)

- FRONT TO BACK - TOUCH CONE (TURN & RUN)

- HOPS OVER CONE

- FRONT TO BACK

- SIDE TO SIDE

- FLEURS 8 AROUND CONES

- SIDES

- FRONT