

1/6/09

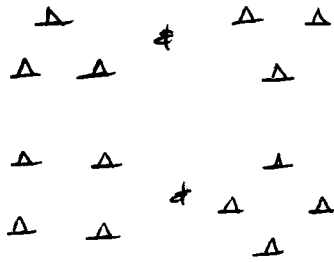
EPSC

U96

FAST FOOTWORK

7-730

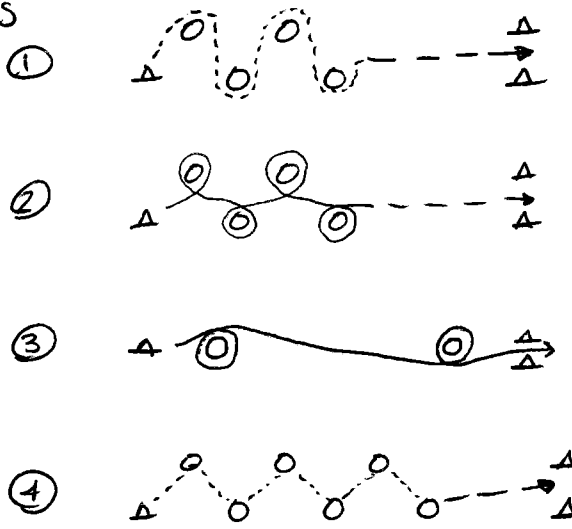
I



- IN PAIRS 1 GO 1 REST
- QUICK MOVEMENTS AROUND SHAPES
- HIPS REMAIN FACING FORWARD
- 15/20 SECONDS HARD EFFORT
- BOTH DIRECTIONS
- VAR. - DESTINY PLAYER W/ FOOT ON BALL, RUNNER TO DO PUSH PASS / BLOCK TACKLE INTO BALL & CONTINUE

II

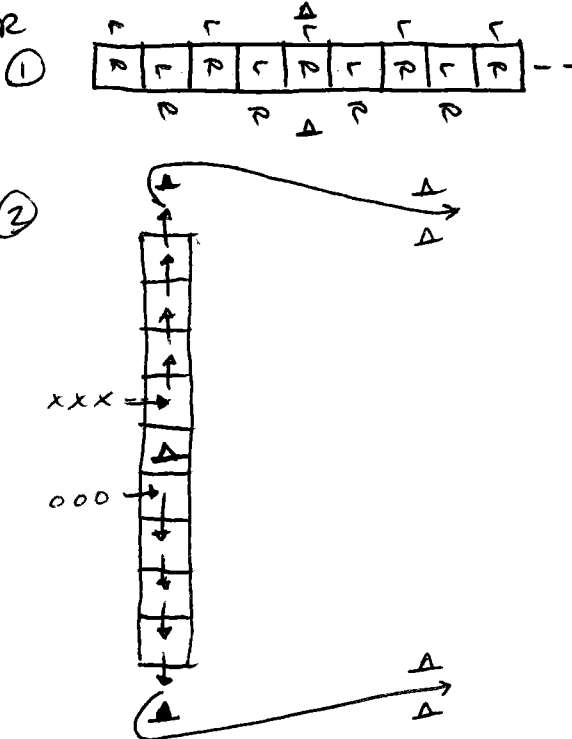
RINGS



- VARIED START (BOTTOM/BACK/ETC)
- SLALOM - TOUCH INSIDE OF RING W/ HAND
- SPRINT AT END
- 360 AROUND RING
- SPRINT TO END
- 360 AROUND CONES
- SPRINT IN MIDDLE
- LATERAL BOUNDING BETWEEN CONES
- SPRINT AT END

III

LADDER



- SIDE TO SIDE, ALTERNATING FOOT IN MIDDLE
- SPRINT TO END
- 2 LINES, START IN MIDDLE
- LATERAL JUMPS, FEET TOGETHER, TO END
- AROUND CONE, SPRINT TO END GATE
- SWITCH LINES

IV

RING PER PLAYER - "AROUND THE CLOCK"