

1/20/09

EPSC

U96

FAST FOOTWORK

7-7³⁰

I RINGS

- 2 "LADDERS" OF 6

- BASIC RUN DOWN LADDER

- SPRINT TO CONE

- " BACKWARDS / SIDEWAYS



1

- FORWARD "SHUFFLE"

- START ON LEFT OF FIRST RUNG/RING

- (R) IN, (L) IN, (R) OUT, (L) UP, FORWARD THEN DOWN IN 2ND RUNG

- LATERAL RUN - SPACE RINGS/RUNGS OUT A BIT

- RUN/SIDESTEP THRU RUNGS TOUCHING BOTH FEET DOWN IN EACH RUNG

- STEP OFF IS ALWAYS WITH LEADING FOOT

- 90° JUMP - RINGS STILL SPACED

- JUMP FROM RING TO RING, FEET TOGETHER

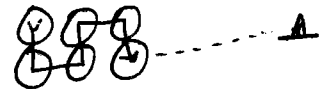
- TURNING 90° IN AIR

- BOX DRILL

- JUMP WITH FEET TOGETHER FROM HOOP TO HOOP

- VARY FACING DIRECTION

- SPRINT TO CONE



II LADDER

- SLALOM

- "ONE, TWO, THREE, IN" - START ON LEFT OF LADDERS 1ST RUNG

- (L) DOWN (R) DOWN (L) DOWN (R) DOWN IN RUNG (L) FORWARD AND DOWN IN 2ND RUNG

- "WALTZ" - START FACING DOWN LADDER

- START WITH EITHER FOOT

- 1, 2, 3, FORWARD ONE RUNG (COUNTS AS 1), 2, 3,