

2/3/09

U96

EPSC

FAST FOOTWORK

7-730

I. "INSIDE - OUTSIDE - INSIDE - OUTSIDE"

} W/ BALL

II. TRIANGLE

III. CONE DEFENDING



- FREE
- LATERAL ONLY
- W/O BALL
- W/ BALL

IV. LADDER / HOOPS

- DOWN LADDER LATERALLY

- HIP TWISTERS
- "STEP TWISTERS"
- LATERAL IN & OUT

➤ LEAD FOOT ALWAYS GOES IN FIRST

↳ IN, IN, OUT, OUT, NEXT

V. FILLER

- SLALOM
- "WALTZ"
- "BOUNTING" SIDE TO SIDE
- HOPS → IN LINE
→ IN BOX SHAPES