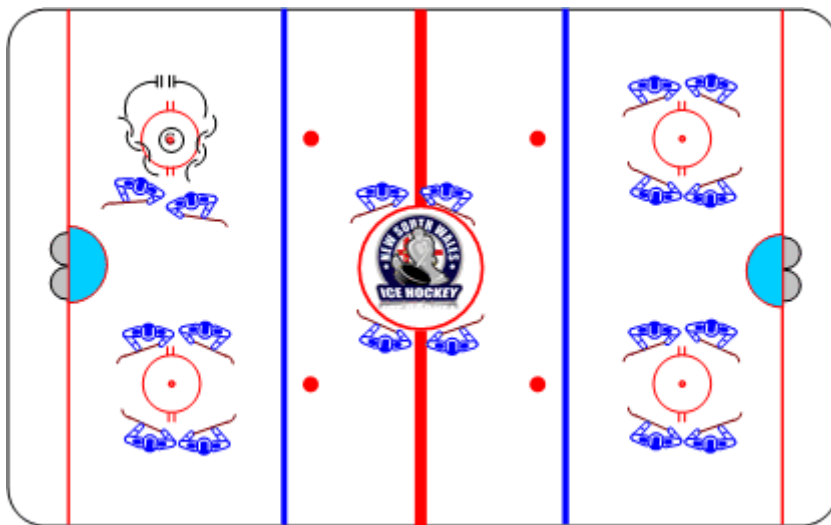




Summer Agility Pattern

Duration: 5 mins

- Partners work on opposite arcs of the circle performing the following sequences:
- Begin with two backwards crossovers
- then pivot
- then two forward crossovers
- then a forward two-foot stop



Coaching Tips

- Quick feet
- Complete execution of skills

Execution Tips

- © to closely monitor the foot work
- Insist on proper execution, not speed of completion
- Alternate partner sets