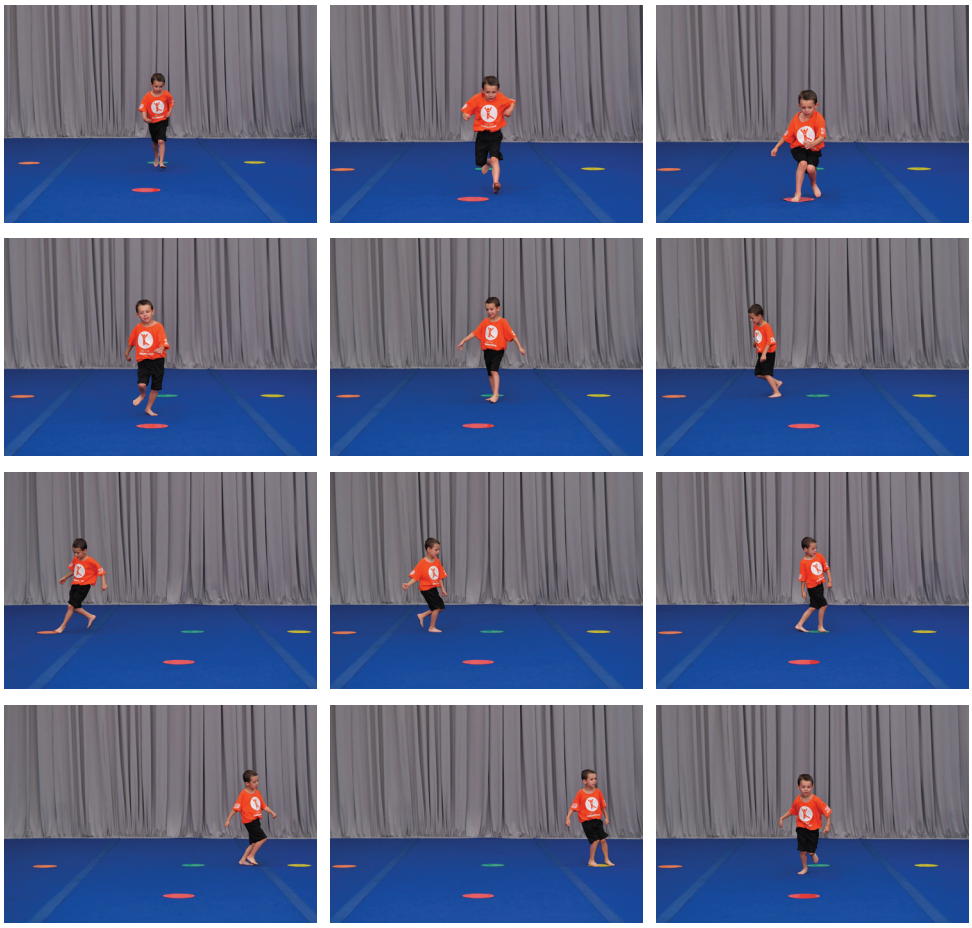
PA.4 Running Backwards, Sideways, Forward

Drill Skill Module - Agility

Description: Intro to Running Backwards, Sideways, Forward



Drill 1

Using designated spots on the floor have athletes:

- Run forward
- Run backwards
- Run sideways

Supplies / Aids:

Video

Equipment Needed:

- Velcro strip, tape, or seam on cheer floor

Notes:

AGILITY SKILL