PB.2 Wobble Board

Drill Skill Module - Balance

Description: Intro to Wobble Board

Two Feet

Passé

Scale

Drill 1

Using a wobble board or standing on elevated small surface have athlete:

- Balance on two feet
- Balance on one foot in:

  1) Passé (lifted foot at knee similar a to a liberty)

  2) Scale (lift straight leg to the back, roll the knee to the front)

Supplies / Aids:

Video

Equipment Needed:

- Wobble board

Notes:

BALANCE SKILL