Push up Position Starts-Partner Chase – 2 reps

Start on lead person movement.

Tennis Ball Starts– 2 reps Forward and Backward

Tennis Ball Starts– 2 reps Right and Left Starts

Partner Chase Drill 2 to the right and 2 to the left-

Partner Chase Drill Backward – 2 Each person

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Power Skips – Straight Ahead – 2 sets - 20 yards

Power Skips – 45 degree angle – 2 sets - 20 yards

Speed Skater – 5 Jumps Each Leg 2 sets

Speed Skater Iso Hold of 3 count – 5 Jumps Each Leg 2 sets

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