Four Way Pulls for Ankles Drill Skill Module - Lower Body Conditioning



























- Athlete sits in a pike on the floor.
- Athlete uses a band, towel or another person to provide resistance to the ball of the foot.
- They push their foot 20 times down and forward trying to point the toes.
- Push foot 20 times backward to a flexed position.
- Push the foot to each side 20 times.
- Repeat with wrists.

Supplies / Aids:

Equipment Needed:

- Resistance Band
- Towel

Su	pplies /	/ Aids:
Vid	eo	
Eq	uipmen	t Needed:
0	Resistanc	ce Band
2	Towel	
No	tes:	