Squats Against BandsDrill Skill Module - Lower Body Conditioning

Start Position

End Position

Side View







- Athlete stands tall then pushes hips back into the Athletic Stance with shoulders over knees and toes. Athlete has a band around lower thighs right above the knees.
- Athlete bends as low to the ground as they can go pushing outward against the band. Try to squat so your thighs are parallel to the floor. Do not let your bottom go below your knees.
- Athlete comes back up to a count of 4.
- Athlete repeats for 30 seconds working up to one minute.

Supplies / Aids:

Equipment Needed:

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