

# C.22

## Banded Walk Sequence

Drill Skill Module - Lower Body Conditioning

Start Position



End Position



### Supplies / Aids:

Video

### Equipment Needed:

- 1 Rubber Bands - Single
- 2 Resistance Band (Optional)

### Notes:

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- 1 Athlete puts a resistance band around their ankles.
- 2 Athlete bends knees as they step to the side keeping toes facing forward.
- 3 Walk two sides of the floor and then turn and face the other way. Walk the other two sides of the floor with the opposite side leading.
- 4 Skater step across the floor. Push through the back leg trying to step as big as you can forward and slightly side. Front leg bends on the step.
- 5 Walk around the full floor with skater steps.
- 6 March across the floor.

### Tips & Tricks



- 1 Be creative. You can do all kinds of movement with the band on! See who can be the most creative.