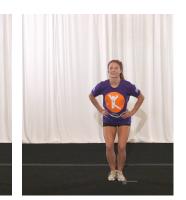
C.22 Banded Walk Sequence Drill Skill Module - Lower Body Conditioning

Start Position







End Position

- Athlete puts a resistance band around their ankles.
- Athlete bends knees as they step to the side keeping toes facing forward.
- 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.
- 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.
- Walk around the full floor with skater steps.
- March across the floor.

Supplies / Aids:

Video

Equipment Needed:

Rubber Bands - Single 2 Resistance Band (Optional)

Notes:

