PB.1 Walking on a Beam

Drill Skill Module - Balance

Description: Intro to Walking on a Beam

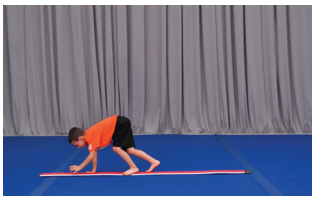
Walk Forward

Walk Sideways

Walk Backwards

Walk in Relevé

Bear Walk



Passé

Step Kick

Drill 1

Using a balance beam or an elevated line have athlete:

- **A** Walk forward
- **B** Walk sideways
- **C** Walk backwards
- **D** Walk in relevé (on your toes) forward
- **E** Walk in relevé (on your toes) sideways
- **F** Walk in relevé (on your toes) backward
- **G** Bear walk forward
- **H** Bear walk backwards
- **I** Passé (lifted foot at knee similar to a liberty) walk
- **J** Step kick to the front
- **K** Step kick to the side
- **L** Step kick to the back

Supplies / Aids:

Video

Equipment Needed:

- Balance beam

Notes:

BALANCE SKILL