Inchworms Drill Skill Module - Flexibility

Description: Intro to Inchworms













Have athlete:

- Start standing
- Bend down and reach their hands to their toes keeping legs straight
- Place their hands on the floor
- Walk their hands out to a push up position
- Walk their hands back into their toes
- Stand back up

Supplies / Aids:

Equipment Needed:

Notes:	

Sup	plies /	Aids:
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Equ	iipment	Needed:
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