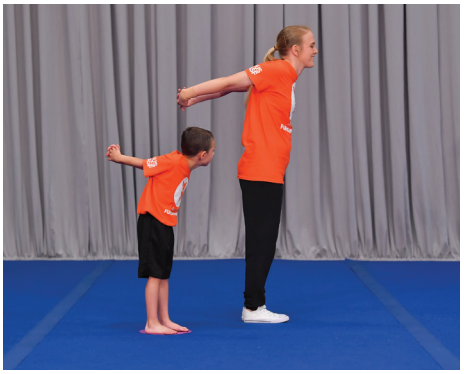
PF.2 Touch Hands Together in Back

Drill Skill Module - Flexibility

Description: Intro to Touch Hands Together in Back



Drill 1

Have athlete:

- Stand
- With straight arms, reach behind their backs
- See how high up they can reach and touch their hands together

Supplies / Aids:

Video

Equipment Needed:

None

Notes:

FLEXIBILITY SKILL