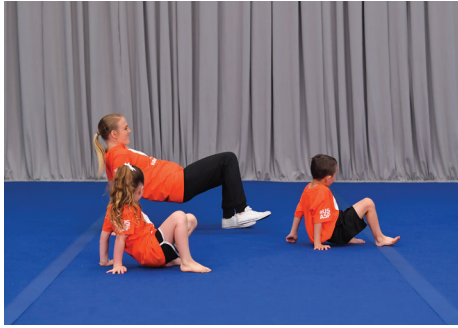


# PF.3

## Crab Walks

Drill Skill Module - Flexibility

**Description:** Intro to Crab Walks



### Drill 1

Have athlete:

- Sit with their knees bent (pointed towards the ceiling) and their hands on the floor behind their hips
- Using their core, push their hips up to the ceiling so they create a straight line from their knees to hips to shoulders
- Walk in this position

### Supplies / Aids:

Video

### Equipment Needed:

None

### Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---