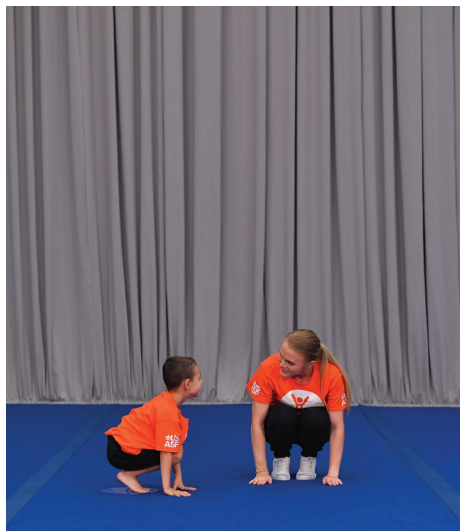


Description: Intro to Frog Squat



Supplies / Aids:

Video

Equipment Needed:

None

Notes:

Drill 1

Have athlete:

- Stand with feet shoulder width apart (have lines on the floor to mark where their feet should go)
- Squat keeping knees over ankles. Let the booty drop to ankle level
- Touch hands down to the ground
- Straight jump up