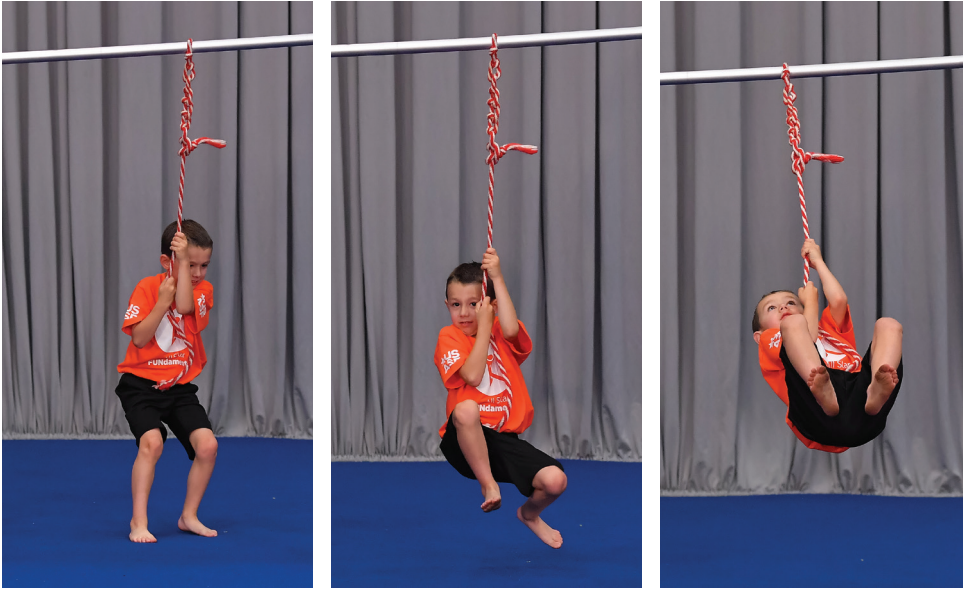


PS.1

Swinging on a Rope Drill Skill Module - Strength

Description: Intro to Swinging on a Rope



Drill 1

Using a rope have athlete:

- Use both hands to grip the rope, wrap their legs and swing

Supplies / Aids:

Video

Equipment Needed:

- Rope

Notes: