

## Daily Drills

### 1. Stretch

- a. Step-Hip-Twist
- b. Grouchos
- c. Frankenstein's monster
- d. Kick-up & Touch Down
- e. Pull-Up & Pull-Back
- f. Pull-up to side & Step-out, back forth and Switch (we need a good name for this one)

### 2. Mobility

- a. Skipping Arms up and around
- b. Karaoke
- c. Side Shuffle with arm extensions
- d. C-Skip
- e. D-Skip

### 3. Speed Dynamics

- a. Anklings
- b. A-March into A-Skip
- c. B-Skip
- d. Russians
- e. Straight legged run
- f. High Knees
- g. High Knees Backwards
- h. Fast leg series
  - i. Alternating
  - ii. Left leg then right leg
  - iii. Left leg continuous then right leg continuous
- i. Bounding stride

## Once a Week Drills (strengthening)

1. World's Greatest Lunges
2. Backwards lunges with extensions
3. Centipede
4. Frog Jumps
5. Continuous 1<sup>st</sup> phase