



## T2 Drills

General mobility as required then complete the following

- Knee hug + Lunge and twist x 10m / Hip openers return x 10m
- Arabesque x 10m / Carioca return x 10m
- Sprinter lunge x 10m / Carioca return x 10m
- A skip x 10m / Backward jog return x 10m
- Single exchange x 10m / Lateral shuffle return x 10m
- Triple exchange x 10m / Lateral shuffle return x 10m
- Continuous exchange x 10m / Jog return x 10m
- 2 x 10m Accelerations / Walk return
- 2 x 20m Accelerations / Walk return
- 2 x 30m Accelerations / Walk return

