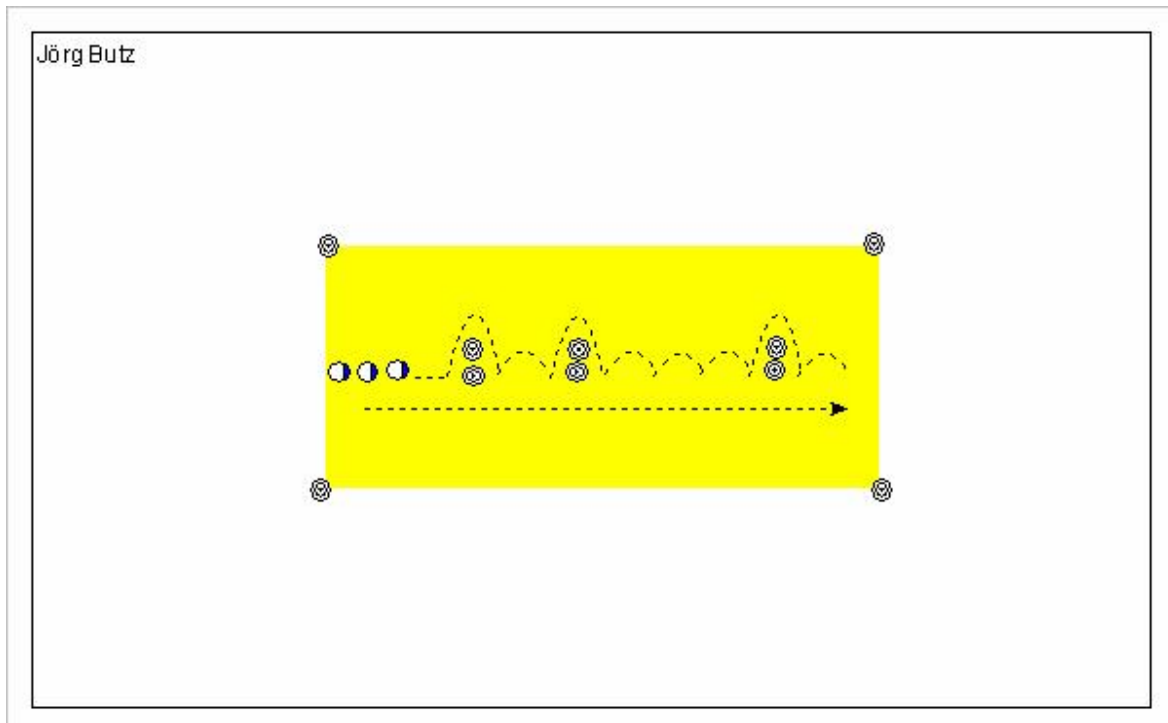


Athletic training Exercises to get a feeling for rhythm



1st -/3rd -rhythm

The cones are placed at a distance of 2 metres (1st -rhythm) and about 3,5 metres (3rd -rhythm) apart.

Directions

Alternate between 1st - and 3rd -rhythm at full sprint.

First practice jumping over the cones alternating between left and right leg.

Pay attention to a good knee movement and a high hip position.