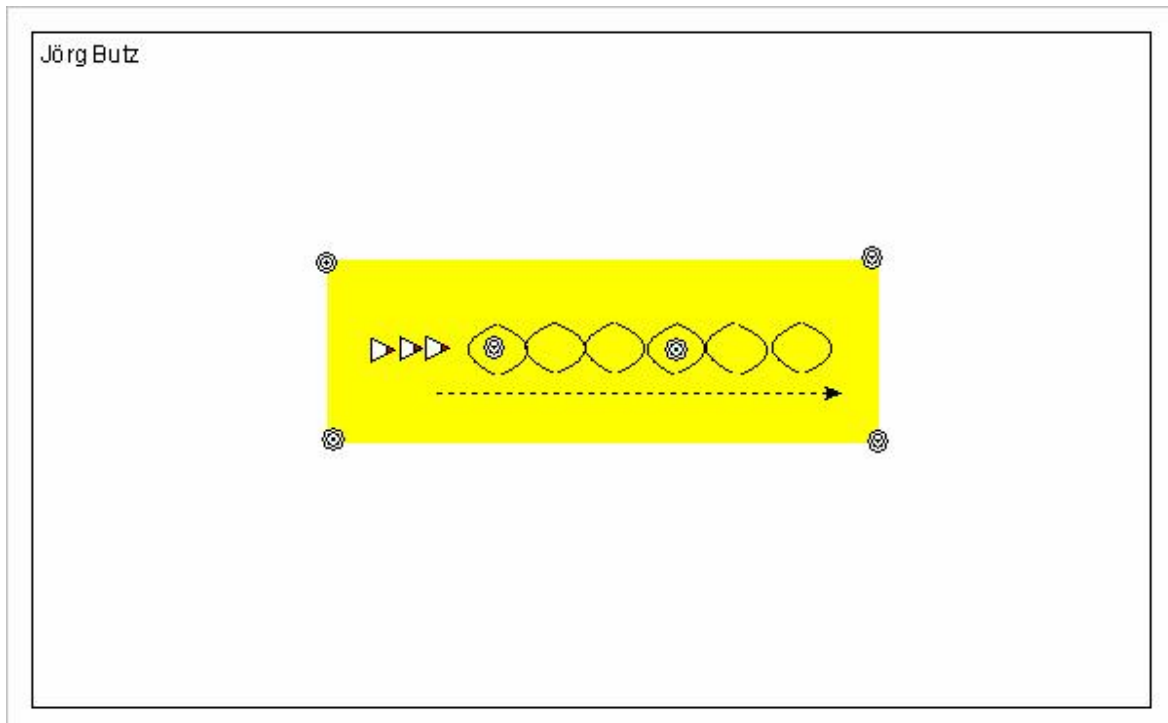


## Athletic training Exercises to get a feeling for rhythm



### 1<sup>st</sup> -/3<sup>rd</sup> -rhythm

The hoops are laid touching each other.  
Place a cone in the 1<sup>st</sup>, 4<sup>th</sup>, 9<sup>th</sup> and 12<sup>th</sup> hoops.

### Directions

Alternate between 1<sup>st</sup> - and 3<sup>rd</sup> -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.