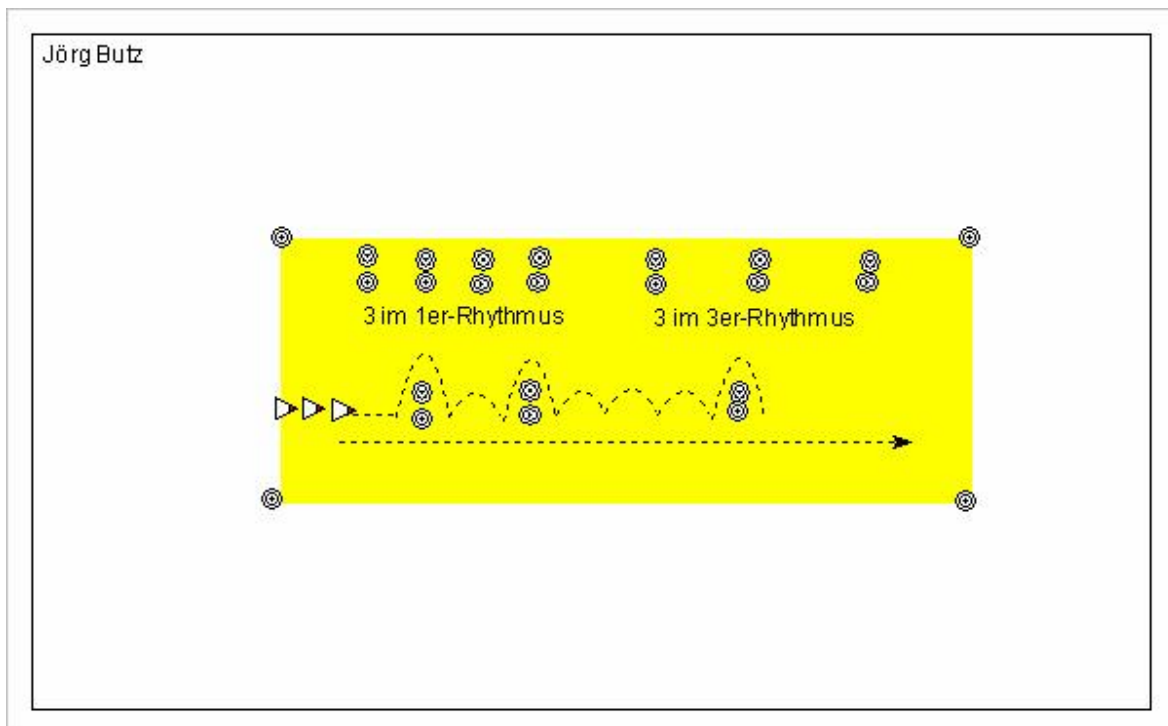


Athletic training Exercises to get a feeling for rhythm



1st -/3rd -rhythm

3 cones 1st (2 metres apart) and 3 cones 3rd -rhythm (about 3,5 metres apart).

Directions

First sprint over 3 cones in 1st rhythm, and then sprint over 3 cones in 3rd rhythm.

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

Keep increasing the height of the cones (low – medium – high).