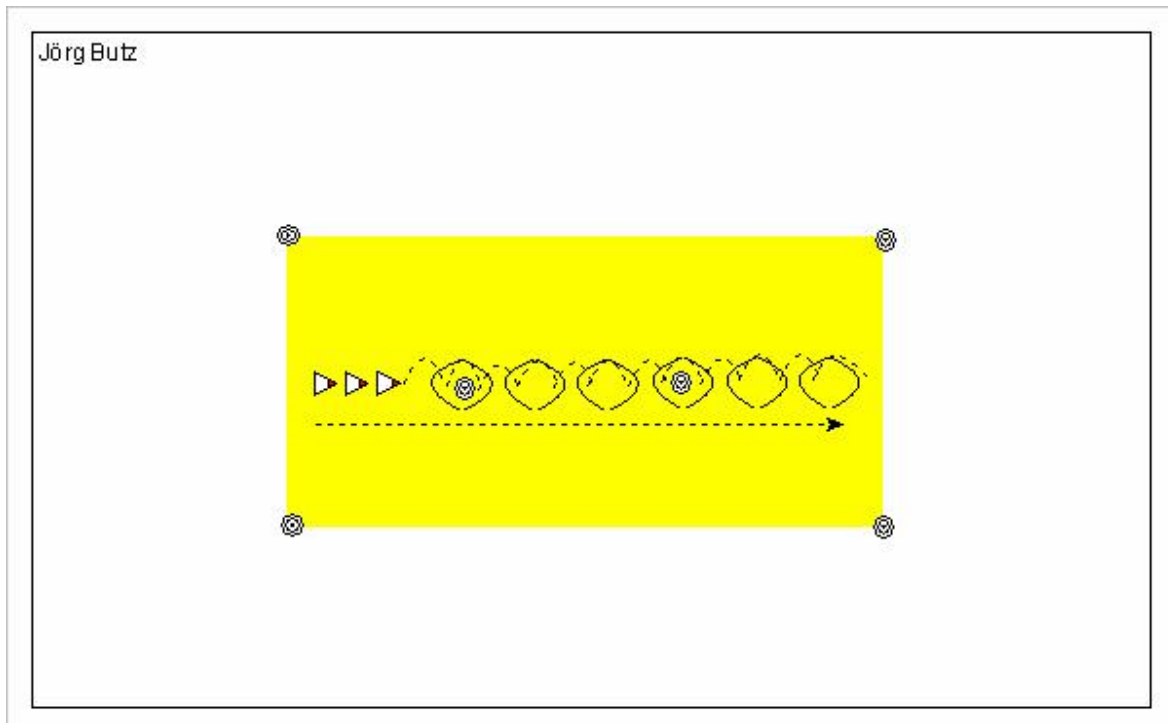


Athletic training Exercises to get a feeling for rhythm



1st - /3rd -rhythm

Place cones in 1st, 4th, 9th, 12th, etc hoops (30 cm 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.