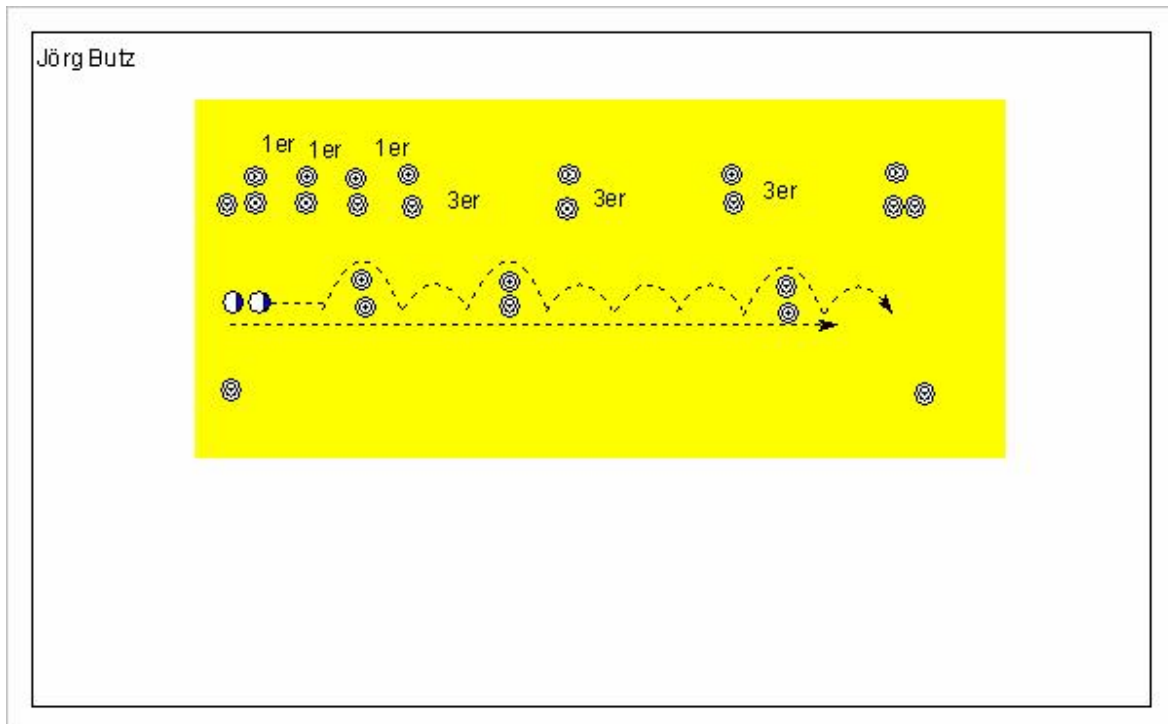


## Athletic training Exercises to get a feeling for rhythm



### 1° -/3° -rhythm

3 cones 1st rhythm and 3 cones 3rd rhythm.

The distance between the cones: 3 metres (1st rhythm) and 5 metres (3rd rhythm)

### Directions

Sprint first over 3 cones in 1st rhythm and then 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).