



Locomotion: Karaoke

Equipment:

Cones x 2.

Set-up:

Place the cones 8 paces from each other.

Description:

The idea is to stress the technique, not the speed in which the students perform it.

Instructions:

This exercise mirrors a grapevine. The student will begin facing the wall with their feet shoulder width apart. Their arms will be straight out to the sides (parallel with the ground). The key is to keep the upper body as still as possible throughout this exercise. The student will cross their trailing foot behind the other. From here the student will swing the opposing foot, returning them to the starting position. Next they will swing their trailing foot (same foot as the first time) in front of the opposing leg. They will again return to the starting position. Repeat this exercise in one direction, then perform leading with the other leg. Gradually build up speed once the technique is mastered.

Scoring:

Coach will judge students on technique of karaoke and will award the student with the best technique a 3, the runner-up a 4, and all others in the group score a 5.

