



Locomotion: Side Stepping

Equipment:

Cones x2.

Set-up:

Place the cones 6 paces apart.

Description:

This exercise should emphasize technique before speed.

Instructions:

The student will face the wall with their feet together. They will side step so that their feet are now shoulder width apart. They will return their trailing foot to the starting position. Repeat this motion until at the desired distance. Speed should be incorporated once the technique is mastered.

Scoring:

Coach will judge students on technique of side stepping 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.

