Sprinting exercises (part 3)
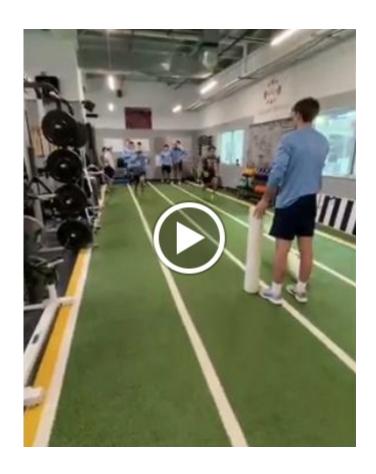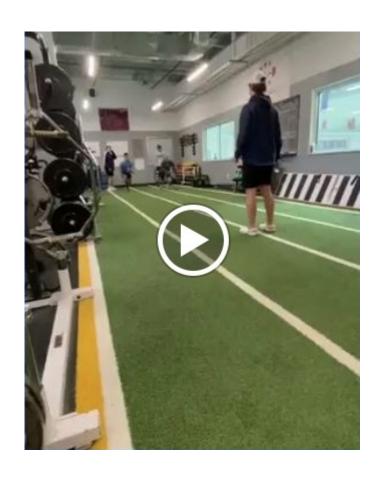
GameProgression

PRACTICE 1- IN PAIRS-DROP OBSTACLE AND FORCE 1 PLAYER TO STOP

PRACTICE 2-IN PAIRS-STEP IN FRONT OF 1 PLAYER AND FORCE THEM TO STOP, THEN ACCELERATE AGAIN

PRACTICE 3-IN PAIRS-ROLL BALL IN FRONT OF 1 PLAYER AND FORCE THEM TO DODGE BUT CONTINUE SPRINTING