



TARGET GROUP

- Sport : tennis and other sports involving lateral movement
- Age from 8Y
- Objective Speedtraining

MATERIAL

- 1 Direction
- 1 green cone
- 1 blue cone
- 1 yellow cone

DESCRIPTION

Select all colors on the **Direction**.
Green : crossover step to green and tap cone with R-hand.
Blue : crossover step to blue and tap cone with L-hand.
Yellow : backwards around the yellow cone.
Red : rest in split step.