



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 L-hand. Return to start position.

Blue : crossover step to blue and tap with R-hand cone. Return to start position.

Yellow : jump, turn around and return to split step.

Red : rest in split step