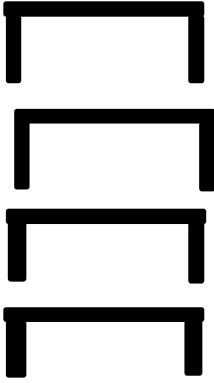


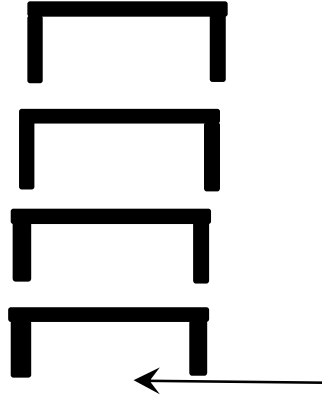
Hurdle Drills:

1-Foot Step Over Each High Hurdle

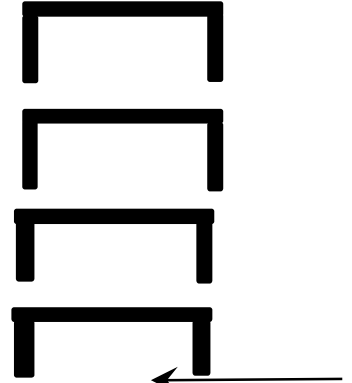


Hands on the back of your head

1-Foot Step Over Each High Hurdle Laterally

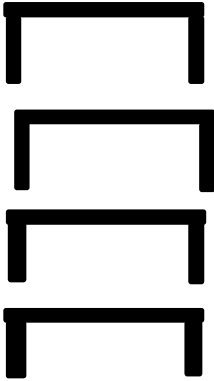


Duck Unders



Duck Under Each Hurdle

Backwards walk Over Each High Hurdle



Hands on the back of your head