

JAVELIN DRILLS

BEGIN SKIPPING WITH RL; DO FOUR, LAND ON LEFT, WITHDRAW JAVELIN; DO FIVE, ON LEFT TD, PUT JAVELIN BACK IN POSITION, ETC.



HIGH KNEES, NO SKIP. START WITH RL. ON 8TH STEP, ON LEFT, WITHDRAW CONTINUE, THEN AS FIRST DRILL



CARIOCA WITH JAVELIN WITHDRAWN



DELIBERATE WALKING DRILL, END IN POWER POSITION



ONE....TWO..THREE



REPEAT ANGLE STEPS



FINISH WITH FULL APPROACH
THROWS