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**SEQUENTIAL TRAINING**

**WEEK 1 – STANCE AND SET UP**

**Individualized Movement Prep – 10 minutes**

**Dry Drill**

Dry Load/Stride Circle

**Tee Drills**

PVC Progression – Steps 1-7

Step Back Drill

Stride Pause / Stride Hit

Back shoe down drill

**Front Toss Drills**

Fake Toss

Random Fake Toss