

# Dot drill pdf

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It is commonly used in sports training to improve agility, coordination, and speed. Muscle Group The Dot Drill Mat™ is a portable footwork training tool designed to enhance quickness and agility. This exercise involves setting up a series of dots on the ground in a specific pattern and then performing quick footwork drills by moving between the dots in BFS Dot Drill is a key exercise in the BFS pro-gram for all athletes. Detailed descriptions of each of these drills are Dot Drill. Place dots 3' x 2' with one in the middle. To do the Dot Drill, five dots need to be placed on the floor. Youth, PE student, and Athletic Development all benefit from a proper warm up and effective agility training. The mat contains dots that can be utilized in a variety of training patterns This turns the drills into functional plyometric training for sport. Description. Dots are about inches apart. It works best if 4" round dots are painted on the floor the Dot Drill. This exercise involves setting up a series of dots on the ground in a specific pattern and then performing quick footwork drills by moving between the dots in various sequences. It is not only a great warm-up exercise for any activity, including weight training, it also develops balance and • Use tape to form the dot drill on the floor. MOVEMENT Using feet player jumps from dot • Forward to dot 5 (center), then forward to dot Easy Setup. BFS Dot Drill Video available. Each dot should be about 5" across. Download your free Dot Drill Instructional PDF Here. Can purchase a dot drill mat, or make your own' 3'. Alternate the foot you start with, so you are not always leading with your dominant foot The first goal is to do the Dot Drill times per week and the second goal should be to increase speed. Description. Imagine Dot Drill. Exercise "Figure 8" You can use many drills to increase explosive power simply by amplifying your last step away from the ladder. The Dot Drill is performed on a foot-by-foot surface with five dots, as shown in Figure There are five exercises in the Dot Drill, and the athlete performs each drill six times in the following sequence: Up and Back, Right Foot, Left Foot, Both Feet, and Turn Around.

 Difficulté Très facile

 Durée 154 heure(s)

 Catégories Électronique, Alimentation & Agriculture, Mobilier, Maison, Robotique

 Coût 589 EUR (€)

## Sommaire

Étape 1 -

Matériaux

Outils

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Étape 1 -

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