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# The Ultimate PT Group Training

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# The Ultimate PT Group Training

***Tricks of the Trade:***

- *Preparation*

- *Positions*

- *Command and Control*

- *Coaching Techniques*

- *Professionalism*

***Group Exercise and Training (GET):***

- *Power Ups*
    - *Active Files*
    - *Return Activities*
    - *Way stations*
    - *Wind up drills*

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***Line Drills***

- *Static Line Drills*
    - *Relays*
    - *Facing Line Drills*
    - *Converging Line Drills*
    - *In Place Line Drills*


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- *Mobile Line Drills*
    - *Follow the leader.*
    - *Team Walking / Running*
    - *Drop off drills*
- *Drills in Ranks*

***Field Drills***

- *Fast / Slow*

- *Partner Tag*

- *Stop and Drop*

- *Cross Over (Skills and Drills)*

- *Cutting the Cake*

- *Suicide Drills / Shuttle Runs v3.0*

***Circuits***

- *Multi Person Stations*

- *Team Circuits*

- *Add Ons / Drop Offs*

- *Leap Frog*

- *Reformats*