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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*

Line Drills

- *Static Line Drills*

- *Relays*

- *Facing Line Drills*

- *Converging Line Drills*

- *In Place Line Drills*

- *Mobile Line Drills*
 - *Follow the leader.*

 - *Team Walking / Running*

 - *Drop off drills*

- *Drills in Ranks*

Field Drills

- *Fast / Slow*

- *Partner Tag*

Circuits

- *Multi Person Stations*

- *Team Circuits*

- *Add Ons / Drop Offs*

- *Leap Frog*

- *Reformats*