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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

o Relays

o Facing Line Drills

o Converging Line Drills

o 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*

- *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*