

Crazy Feet (Preferably without shoes)

These are appriximately 20 meters in length up and back

Walking on toes (HEELS DO NOT TOUCH)

-toes straight

- toes in

- toes out

Walking on heels (ONLY HEELS TOUCH)

-straight

- toes in

- toes out

Skipping on toes(HEELS DO NOT TOUCH)

-straight

- toes in

- toes out

Short quick running steps on toes (HEELS DO NOT TOUCH)

-straight

- toes in

- toes out

Toe Grabs using a towel or the grass. Grasp the towel like you are trying to pick it up with your toes

(10 each)

-straight

- toes in

- toes out

Then 3 - 100 meters forward and running backward

Calve Stretches for 60 seconds each, roll out