



# FITNESS AND CONDITIONING

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Individual Skill Development

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## Zig-zag



**Equipment:** 5 cones.



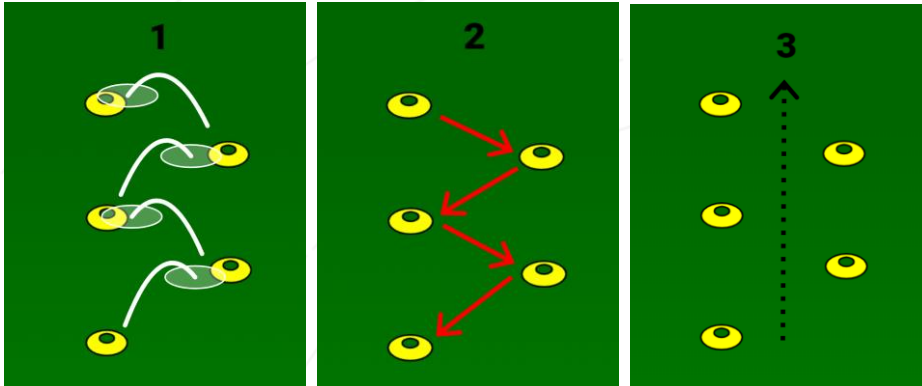
**What to do:** 1. Skater jumps 2. Backwards shuffle 3. Sprint forward



**Variations/Progressions:** Try on a slope for more difficulty.



**Keep in mind:** Always keep your body balanced and stable.



## T-test



**Equipment:** 4 cones.



**What to do:** Start at A. Run to B. Side shuffle to C. Side shuffle to D. Side shuffle back to B. Backward pedal to A. Record your time. Repeat going the opposite way.



**Variations/Progressions:** Try to beat your time.



**Keep in mind:** Make sure you are warmed up and stretched.

