

## A. Slant Board Module

Ex. A1- one leg standing 30 seconds each position



Toes Up



Arch of foot up

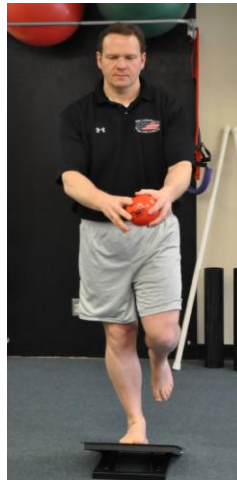
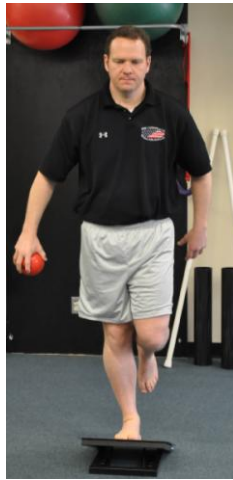


Arch of foot down

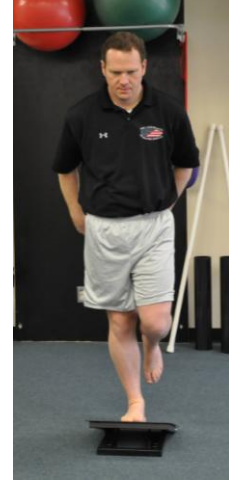
Ex. A2 – ball handling 20 reps. each



Side to Side



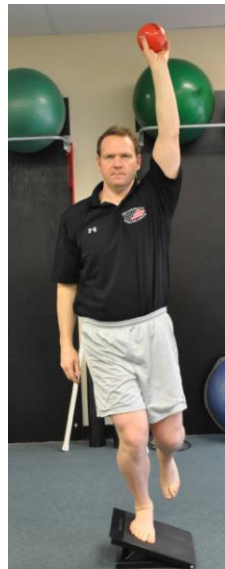
Around the Torso



Ex. A3 – single leg squats 20 reps. each leg (10 with each arm)



Right arm up (10 reps)



Left arm up (10reps)