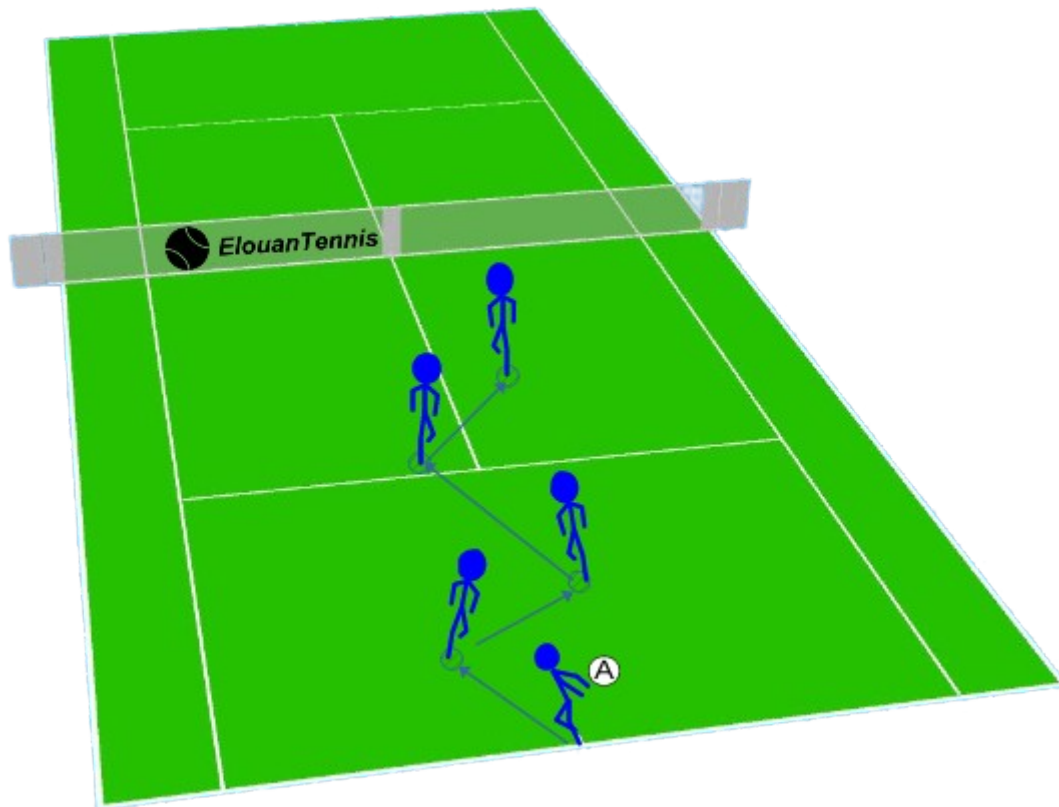


## The skater's step

|              |                                      |
|--------------|--------------------------------------|
| Category(s): | agility, balance                     |
| Level:       | Yellow ball - beginner, Intermediate |
| Duration :   | 5 min                                |
| Materials:   | -                                    |



Hi !

The skater step exercise is a movement frequently used in sports training.

It consists of a lateral movement from one foot to the other, similar to the gliding of a skater on the ice. This exercise is often used to work the leg muscles.

It also improves agility, balance and coordination.



Elouan Tennis Drill Maker (ETDM)  
Software for creating & editing tennis exercises



<https://elouan-tennis.com>