



NeuroCentric

COORDINATION DRILLS

LEVEL 2

AROUND THE WORLD TWO FEET TOGETHER



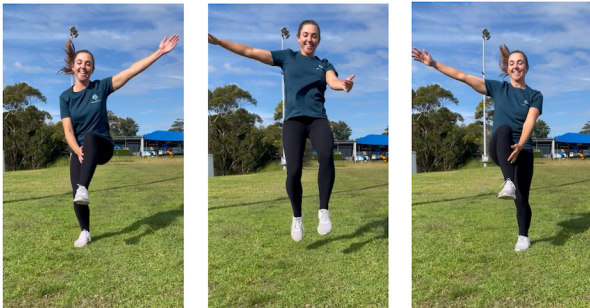
Set up an X on the ground. Start in one corner, then jump with two feet together into each corner. Repeat in the opposite direction.

AROUND THE WORLD SINGLE LEG



Set up an X on the ground. Start in one corner, then hop into each corner. Repeat in the opposite direction and with the other leg.

OPPOSITE ARM TO OPPOSITE LEG



Start in standing with one knee lifted. Tap your opposite hand to your knee, then jump and swap to the other knee and hand.



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NeuroCentric!!

These exercises are intended as a guide only and do not replace comprehensive assessment and medical advice. Check in with your local physiotherapist or doctor to see if these exercises are suitable for you.



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