

Speed & Coordination Skills

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Exercise 1

		0 1 2 3 4		0 1 2 3 4		0 1 2 3 4		0 1 2 3 4		0 1 2 3 4 4 3	
4											
4											

▲ ▼ etc...

		2 1 0		4 3 2 1 0		4 3 2 1 0		4 3 2		1 0		4 3 2 1 0		4 3 2 1 0	
3															

Exercise 2

		1 2 2 1		2 1		2 1		2 1		2 3		2 3		2 3	
6															

		2 3 3 2		3 2		3 4 4 3		4 3		4 3		4 3		4 3	
8															

Exercise 3

		1 3 3 1		3 1		3 1		3 1		2 4		2 4		2 4	
12															

Exercise 4

		2 4 4 2		4 2		1 4 4 1		4 1		4 1		4 1		4 1	
14															

