



***Special  
Olympics***  
*Colorado*

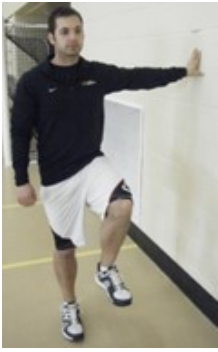
**GENERAL SPORTS**

**DRILLS**

**TRAINING**

**CARDS**

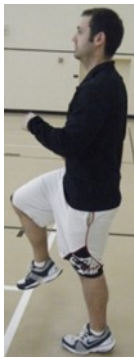
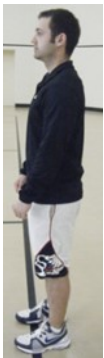
## PAW DRILL



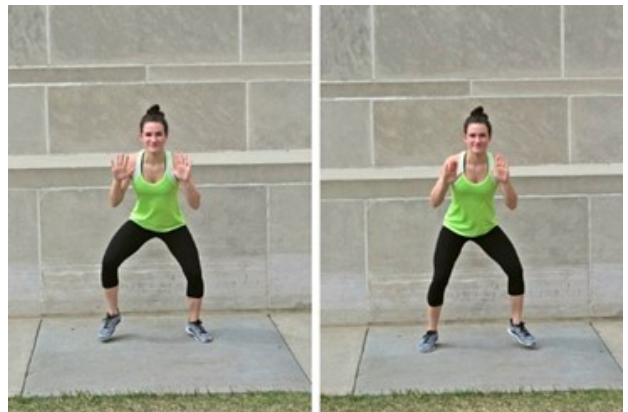
## A SKIP



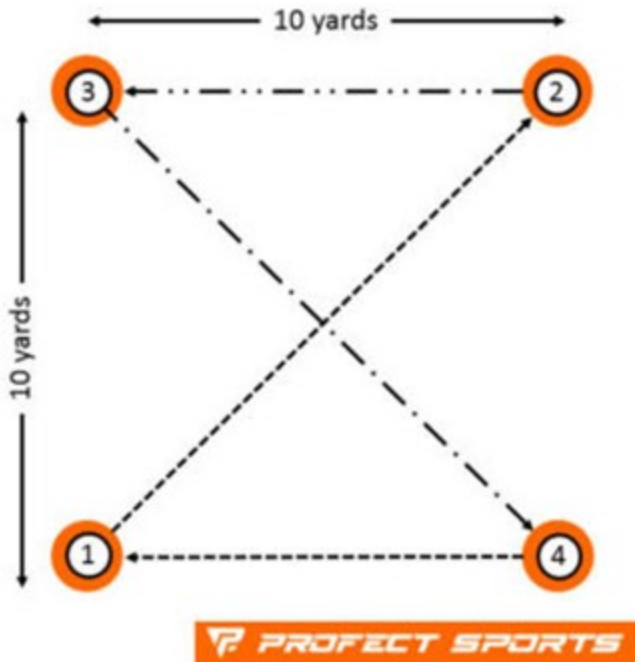
## B SKIP



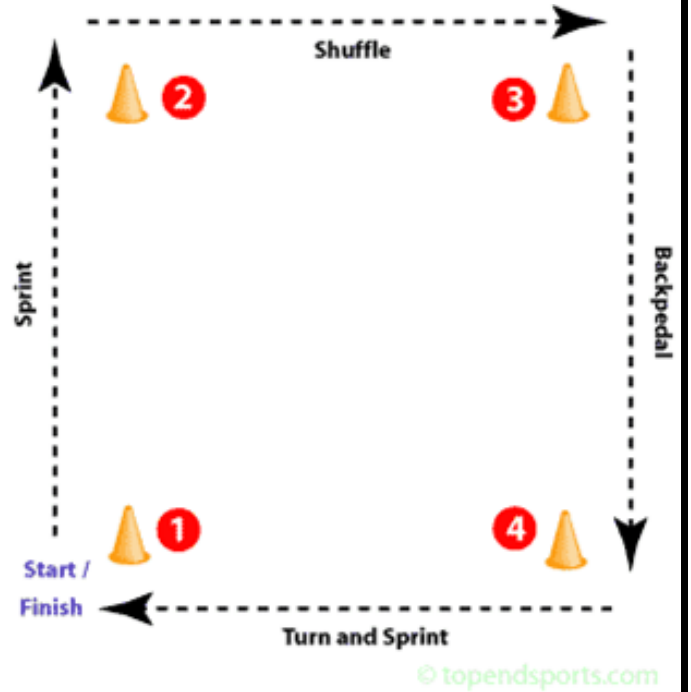
## QUICK FEET



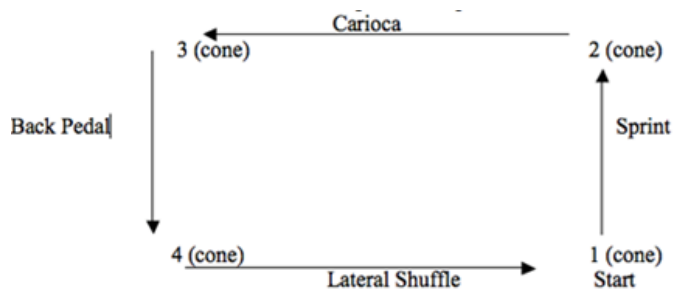
## X DRILL



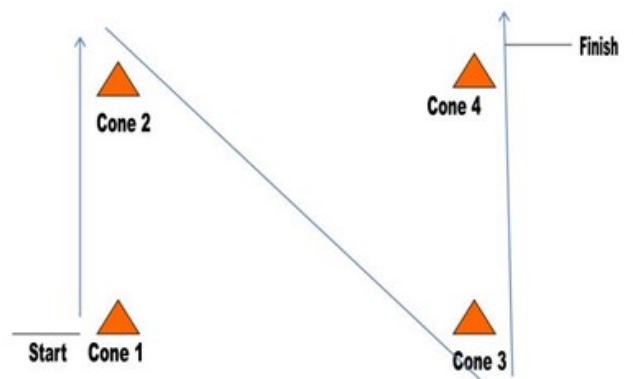
## SQUARE DRILL



## FOUR CORNERS DRILL



## N DRILL



**PARTNER  
REFLEX  
DRILL**

**DIRECTION  
RUNS**