Pre-Alpha Practice Checklist

1) **Two-Foot Glide**

2) **One-Foot Glide**

3) **Forward Swizzle**

4) **Backward Wiggle**

5) **Backward Swizzle**

6) **Stopping**

7) **Begin to work on stroking and crossovers from Alpha**

8) **Practice competition programs if you have them!**

Coaches additions: -

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