

## Badminton Side Step ZigZag Challenge

- Place markers on floor, see photo.
- Stand Side on and side step along line of travel changing lead foot where lines meet.
- Reverse direction of travel to finish at start.
- Attempt 3 side steps on each line of travel.
- **Challenge:** how many times can you travel forward and back in 30 seconds

### Equipment

Markers for floor , these can be anything ; cones, water bottles , books

## Extra Challenge

After each line of travel participant must touch the marker with their lead hand.

