

Key Points:

- Knees over toes.
- Good athletic stance.
- Hands out in front.

Shuffle Progression #1

- Description
- Start on post
 - Push to top of crease on same side
 - Shuffle across the top of the crease
 - T-push diagonally back to post where you started
 - Repeat

Shuffle Progression #2

- Start on post
- T-push diagonally across to the top of the other side of the crease
- Shuffle across crease
- Push back to post where you started
- Repeat

Shuffle Progression #3

- Start on post
- Push out to top of crease
- Shuffle to middle of crease
- T-push to far side
- T-push all the way back to the post where you started
- Repeat