
2-Baton Skills and Drills for the Pre-Competitive Athlete

August 27, 2017 - These skills are from the former Bronze 2-Baton pin of the CBTF Skills Development Program. The Bronze 2-Baton pin has been replaced with the 2-Baton I routine, however the skills included here are excellent drills for any athlete starting to learn 2-Baton.

Attachment



Size

145.45 KB

[2017-03-28 Coaching Tool - 2-Baton Skills and Drills for the Pre-Competitive Athlete v01.pdf](#) [1]

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