

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]

By Admin at Sun, 08/27/2017 - 13:21

Source URL: <https://www.cbf.ca/article/2-baton-skills-and-drills-pre-competitive-athlete?mini=2026-04>

Links

[1] https://www.cbf.ca/sites/default/files/media/Technical_Material/2017-03-28_Coaching_Tool_-_2-Baton_Skills_and_Drills_for_the_Pre-Competitive_Athlete_v01.pdf