

Tunnel Skills for Success with Tara LaBelle

Lesson 1 -Power and Speed, Name Testing

Lesson 2 - Basic, Advanced, and Extreme Tunnel Backside Skills

Lesson 3 - Basic, Advanced, and Extreme Tunnel Rear Cross Skills

CATCH-UP WEEK - You can submit questions and video, but no new lesson

Lesson 4 - Basic, Advanced, and Extreme Tunnel Start Line Skills

Lesson 5 - Tunnel Turns

Lesson 6 - Basic, Advanced, and Extreme Tunnel Threadle Skills