

# “Walking Through The Foot”

by Mike Dunlap

## FEATURES:

- INCREASE YOUR PLAYER’S EFFICIENCY WITH BASKETBALL-SPECIFIC MOVEMENTS.
- WORKING ON IMPROVING QUICKNESS, OVERALL FOOTSPEED, BODY-BALANCE, AND OVERALL ATHLETICISM.
- MOVEMENTS THAT WILL HELP INCREASE EXPLOSIVENESS.
- IMPROVE YOUR TEAMS OVERALL FITNESS LEVELS.
- APPLICABLE TO ATHLETES IN VARIOUS SPORTS.
- COMES WITH HANDOUT THAT EXPLAINS EACH EXERCISE AND SPECIFIC KINESTHETIC MOVEMENTS.
- VIDEO RUNS ABOUT 40 MINUTES.
- CONTAINS FOOTAGE AND NARRATION BY COACH MIKE DUNLAP.

### Coach Dunlap’s Highlights at Metro State

2 NCAA Division II National Championships  
1 NCAA Division II National Runner Up  
5 Elite Eight Appearances  
5 RMAC Championships  
6 RMAC Tournament Championships  
3 NCAA Division II National Coach of the Year  
4 NCAA Division II All-Americans  
1 NCAA Division II Player of the Year  
Coaching Record @ Metro State 248-50 83.2%

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

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