

6U/8U - AGILITY & BALANCE

HOP SCOTCH

SETUP

- Use 5 hula hoops, chalk, or tape 5 X's on the ground.

MOVEMENT

- 1 • Jump forward in a 2-1-2 progression.
- 2 • Jump 180 degrees on 4th jump and repeat 2-1-2 progression back to starting position.
- 3 • Switch using left and right foot on single leg jumps.



6U/8U - AGILITY & BALANCE

HOP SCOTCH

