

10U/12U PHASE I - RUNNING & JUMPING

# JUMP SPRINTS

## SETUP

- 2 cones are 2 feet apart.
- 3 players per 2 cones line up in front of the cones.

## ① MOVEMENT

- 2 foot jump over both cones, landing softly.
- Sprint 10 yards.
- Jog back to line slowly.
- Repeat.

## ADVANCED

Jump over cone using one leg. Use the same leg for both jumps. Switch legs and repeat. Create 2-3 lines and make this a race.



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