

10U/12U PHASE II - RUNNING & JUMPING

HURDLE JUMPS FORWARD

SETUP

- Use 6 inch or 12 inch hurdles.
- Place 3 to 4 hurdles in a straight line approximately 2 feet between each other.

MOVEMENT

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- Face hurdles standing in an athletic position.
- Bend knees and spring off both feet jumping forward over hurdle.
- Land on both feet, knees bent in an athletic position.
- Hold position for 3 seconds.
- Repeat jumps and technique over remaining hurdles.
- After last jump, land and sprint 10 yards.

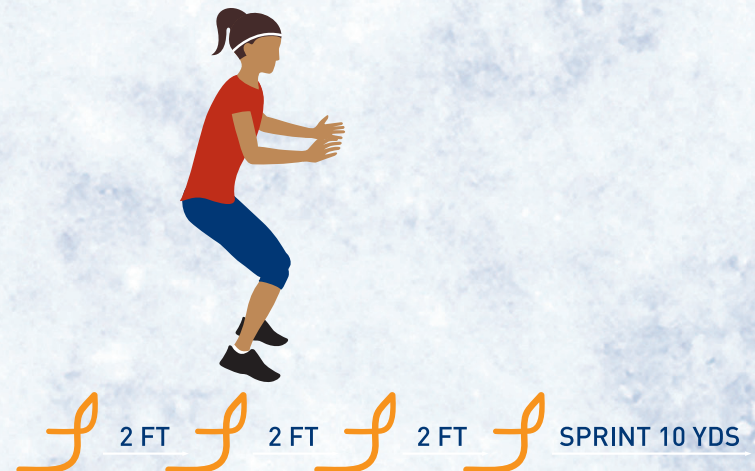
ADVANCED

Jump hurdles, land and immediately jump again...single leg low hurdle hops.



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