

10U/12U PHASE II - RUNNING & JUMPING

## 180 JUMP WITH CHAOTIC JOG

### MOVEMENT

- 1 • Players start in athletic stance and perform a 180 degree jump clockwise.
- 2 • Land softly in an athletic stance.  
• Perform another 180 degree jump counter-clockwise.  
• Land softly in an athletic stance.  
• Repeat.

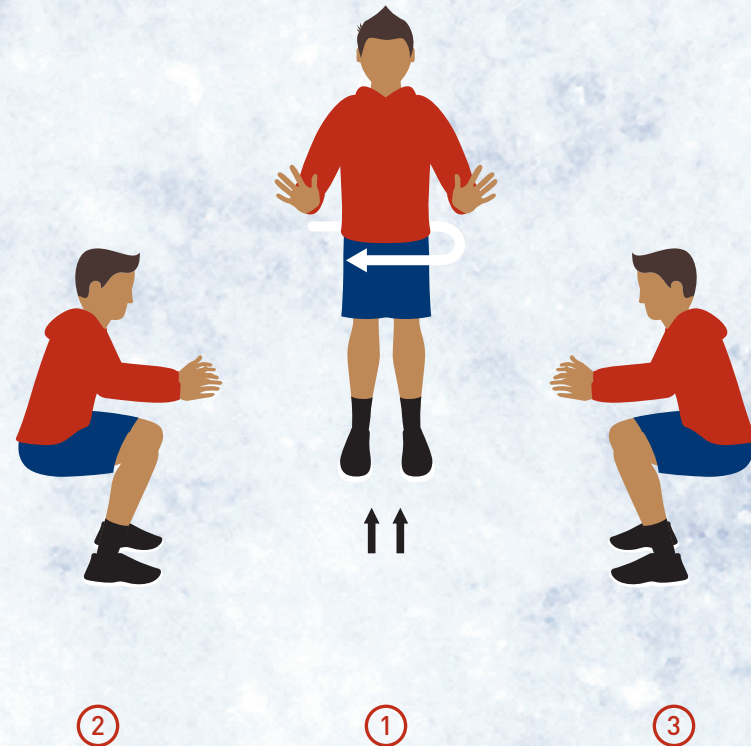
*Once players get the hang of the activity have all players jog in confined area.*

- On coach's command perform 180 degree jumps clockwise and counter clockwise.
- On command players stop, get set in athletic stance and perform a 180 degree jump.
- Hold landing for 5 seconds and then jog in a designated area, avoiding running into teammates.
- Repeat.



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## 180 JUMP WITH CHAOTIC JOG



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# CHAOTIC HOPS

## MOVEMENT

- 1 In designated confined area, 2 foot hops in all directions.
  - Make sure players land softly, bend knees and use arms for balance, acceleration and deceleration.
  - Hop forward, backwards, laterally and diagonally.

*Players will fatigue fast so play for 30 seconds, rest for 30 seconds.*

- 2 Tag: assign one or two players to be "it." Play tag, with all players hopping to avoid being tagged.

## ADVANCED

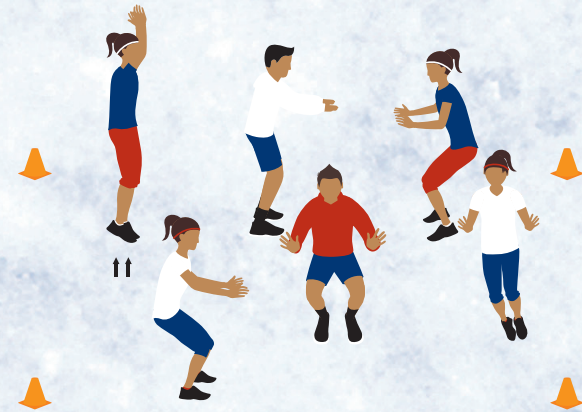
Tag: perform Chaotic Hops hopping on one leg.



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# CHAOTIC HOPS

## 1 TWO FOOT HOPS



## 2 ONE LEG HOPS



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## 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

①

- 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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## HURDLE JUMPS FORWARD



①



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## HURDLE JUMPS LATERAL

### SETUP

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

### MOVEMENT

①

- Stand laterally next to hurdles in an athletic position.
- Bend knees and spring off both feet jumping laterally 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.
- Face opposite direction on next repetition.
- Repeat technique.

### ADVANCED

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



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## HURDLE JUMPS LATERAL



①



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## MONSTER WALK TWIST

### MOVEMENT

- Forward lunge, holding a soccer ball.
- Monster Walk Twist 10 yards.
- Alternate legs.

### TECHNIQUE

- 1 Stand with feet shoulder width apart.
  - Hold soccer ball in front of body with elbows bent about 90 degrees.
- 2 Step forward with left foot into a lunge position.
  - Be sure to keep knee over left foot and behind ankle; do not twist at the knee.
- 3 From torso, twist upper body to the right-belly button should be at 3 o'clock.
  - Arms are stretched straight out towards 3 o'clock.
  - Maintain a slow and controlled movement throughout the exercise.
  - Slowly move arms/ball to center and return to standing position.
  - Step forward with the opposite foot.
  - Twist to the other side-arms stretched out to 9 o'clock.

*If players struggle with technique perform Monster Walk Twists without a ball.*

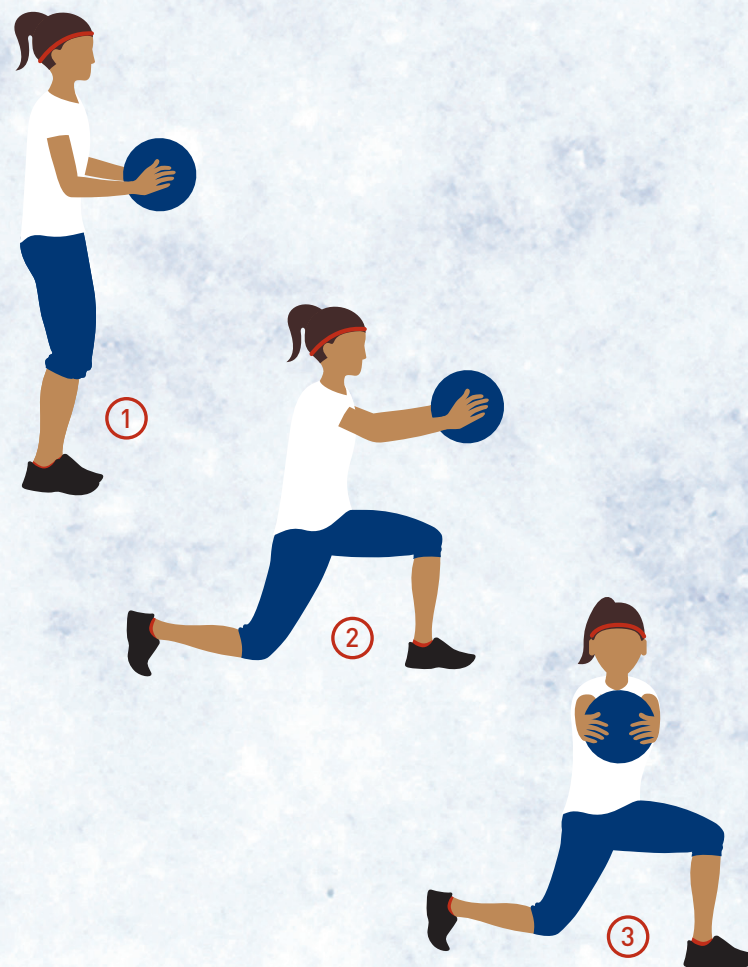
### ADVANCED

Use a 1lb, 2lb or 3lb medicine ball performing Monster Walk Twists. Do not add weight if technique diminishes.



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## MONSTER WALK TWIST



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## PUSH UP SCRAMBLE

### MOVEMENT

- Lie on Stomach.
- 1 • Perform push-ups and scrambles on left foot and scrambles on right foot.
  - 2 • Scramble: get off the ground into a standing position.
  - 3 • Scramble to standing on 1 foot and sway side to side and front to back.
    - Repeat technique sequence 4 times.

Perform 2-3 push-ups in a row followed by 2-3 scrambles in a row.

### VARIATION

- Lie on back.
- Scramble to standing on 1 foot, sway side to side and front to back.

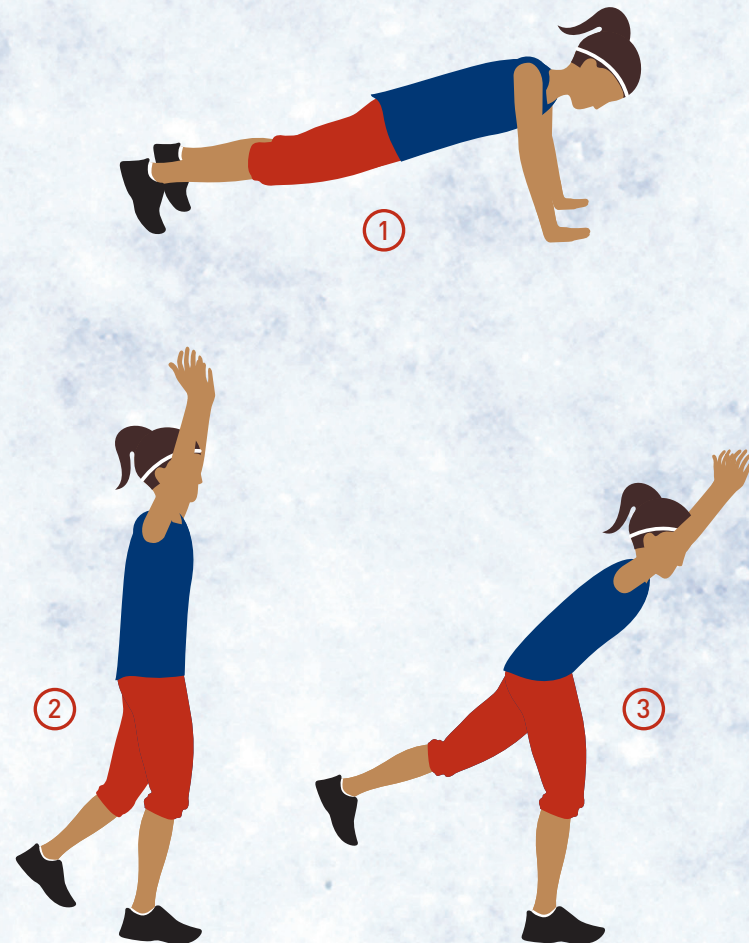
### ADVANCED VARIATION

Lie on back, complete a full roll each direction, scramble to standing on 1 foot, sway side to side and front to back.



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## PUSH UP SCRAMBLE



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## SKIPPING ROPE PATTERNS

### STATIONARY

Options for Jump Rope patterns:

- ① • Skipping (feet are staggered).
- ② • Swinging rope backwards.
- Lateral Jumps.
- Lateral skipping both directions.
- 1 foot hops with each foot, both directions.

### MOVEMENT

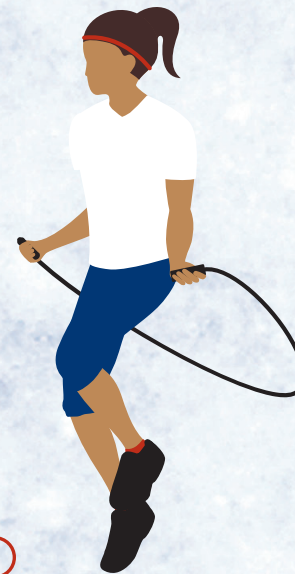
- Set up two cones 20 yards apart.
- Skip forward, backwards, lateral, and 1 foot in all directions.

*If too advanced, jump without rope.*



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## SKIPPING ROPE PATTERNS



① SKIPPING



② LATERAL

