

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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