

## 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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