

“HURDLE BOX” JUMPS

SETUP: Form a box with 4 hurdles @ 6-inch or 9-inch height as shown. The drill consists of 6 Repetitions or Jumps, which equals 1 Set. Number of sets depends on age and/or skill level of athlete. No more than 2-3 sets, resting 5 minutes between sets.

FIRST REP/JUMP: Forward into middle of hurdles + Laterally (sideways) Left (out of middle) + Laterally Right (back into middle) + step out

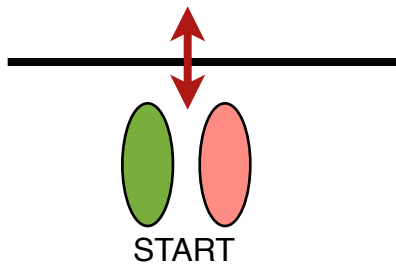
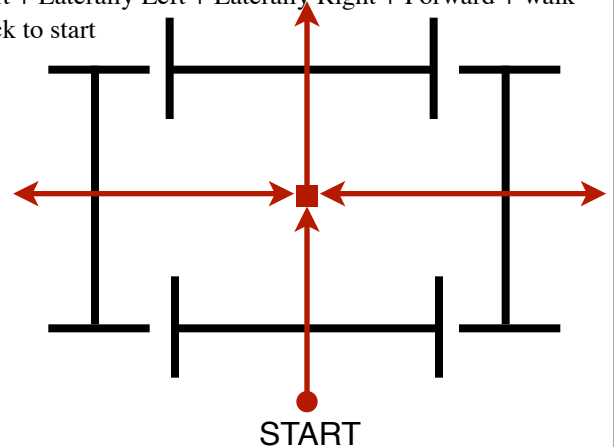
SECOND REP/JUMP: Forward + Laterally Right + Laterally Left + Step out

THIRD REP/JUMP: Forward + Laterally Left + Laterally Right + Forward + Walk back to start.

FOURTH REP/JUMP: Forward + Laterally Right + Laterally Left + Forward + Walk back to start.

FIFTH REP/JUMP: Forward + Laterally Left + Laterally Right + Laterally Right + Laterally Left + Forward + walk back to start

SIXTH REP/JUMP: Forward + Laterally Right + Laterally Left + Laterally Left + Laterally Right + Forward + walk back to start



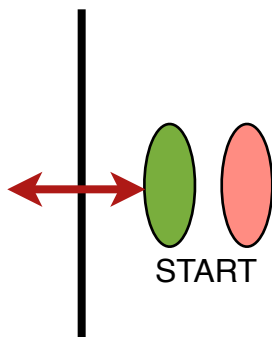
“BASIC LINE” JUMPS

LINEAR

(Forward & Backward) Line Jumps:

> **RUNNING** -- Start by facing the line. Single-step running forward and backward over the line. The first Repetition should be done with the Right Foot leading (Right Foot forward + Left Foot forward + Right Foot backward + Left Foot backward...). The second Rep would be with the Left Foot leading.

> **TWO-FOOTED HOPPING:** Start, facing the line with the feet hip-width apart. Hop forward and backward, making sure both feet land at the same time.



LATERAL

(Sideways) Line Jumps:

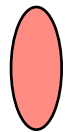
> **RUNNING** -- Start with the feet parallel to the line. Perform Lateral Single-Step over and back. First Rep have the Left Foot leading. Note that there will be a slight crossover step when returning to start -- Left + Right + Left (crossing over the Right) + Right. Second Rep has the Right Foot leading.

> **TWO-FOOTED HOPPING:** Start with feet hip-width apart, parallel to the line. Laterally hop over the line and back -- both feet landing at same time,

LEGEND



LEFT
FOOT



RIGHT
FOOT

SETUP:

Any surface that has lines OR you can use a Speed Ladder that should be anchored to the ground OR for more advanced athletes, use Rings.

DRILL RUN:

Do each of the jumps described at the left for a certain time limit depending on the age and/or skill level of the athletes; generally, anywhere from 15-60 seconds for each jump.