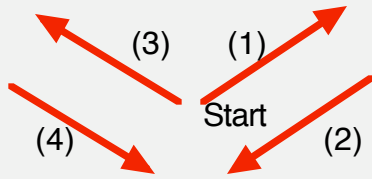
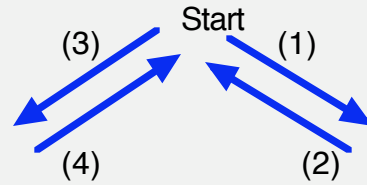


**SPEED, AGILITY & QUICKNESS
 PLYOMETRICS: "Quick First Step"**



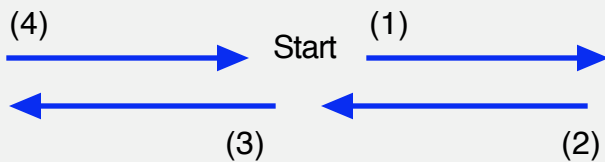
"FORWARD-V" JUMP

- (1) Plant on left foot and jump diagonally forward to the right, landing on both feet
- (2) Plant on right foot, slightly turn hips and jump diagonally backward to left back to starting point
- (3) Plant on right foot and jump diagonally forward to the left
- (4) Plant on left foot, slightly turn hips and jump diagonally backward to right back to



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"LATERAL" JUMP

- (1) Plant on left foot and jump laterally to the left. Keep hips square, body facing straight ahead throughout this and all lateral jumps.
- (2) Plant on right foot and jump laterally to the left back to starting spot
- (3) Plant on right foot and jump laterally to the right
- (4) Plant on left foot and jump laterally

"STAR" JUMP

> Put all three jumps together to form a star:

1. Do a "Forward-V" Jump
2. Follow with "Lateral" Jump

