



## Balance: Lateral Bounding With A Stick

### Equipment:

N/A

### Set-up:

N/A

### Description:

This activity will involve the student transferring weight from one leg to the other while maintaining balance.

### Instructions:

Student begins by standing on right leg, then jumping laterally to the left and landing on their left leg. When landing on left leg, student must hold the landing before jumping back to the right and landing on the right leg. Each landing must be held for five seconds before performing the next lateral leap.

### Scoring:

The coach will make a judgment on the students' performance of the exercise and award a score ranging between a 3 and a 5 depending upon balance, technique, and number of errors.

