



Jumping: Lateral Bounding With Stick

Equipment:

N/A

Set-up:

N/A

Description:

This exercise builds balance and stability in the lower body, as well as, explosive power in the legs. This exercise will require the student to jump from one leg to the other and sticking the landing.

Instructions:

The student will start by getting down into a golf posture to perform a lateral jump or bounding maneuver from the right leg to the left leg. Try to stick the landing and hold the balance on their left leg. From this single leg balance posture, try to make a few shoulder turns and then repeat the jump to the right.

Scoring:

The coach will judge the students performance and score each student on their jumping and balance. The top performer will score a 3, the runner-up scores a 4, and all other students in the group will score a 5.

