

HOPS

SPEED HOPS



This exercise simply involves jumping up and down as quickly as possible, while trying to achieve as much height as possible. It is a quick response exercise, meaning you will want to have as little foot contact as possible.

LATERAL HOPS



This exercise is similar to lateral bounding. The exception is that you will jump from side to side as quickly as possible. It is a quick response exercise, meaning you will want to have as little foot contact as possible.

SPLIT JUMPS



Begin in a forward lunge position. Explode upward switching leg position in the air, landing in a forward lunge position with the opposite foot forward. Continue by switching feet in the air.