

10U/12U PHASE I - RUNNING & JUMPING

MULTI-DIRECTIONAL JUMPS

SETUP

- Create a diamond shape with four low/flat cones.
- Set up multiple sets of cones, ideally 2 players per group, so players are active every other repetition.

MOVEMENT

- 1 Stand in middle of the diamond.
- 2 Jump forward over cone # 1 jump backwards over cone #1 to middle of cones.
- 3 Jump laterally over cone #2 and back over cone #2 to middle.
- 4 Jump backwards over cone #3 and forward over cone #3 to middle.
- 4 Jump laterally over cone #4 and back to starting position.
- This is one complete repetition (8 jumps total over 4 cones).

ADVANCED

Have players perform single leg hops.



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