



1 TOE WALK (15 seconds)

Walk forward on your toes. Do not let the heels touch the ground. The entire body should remain tall and facing forward.



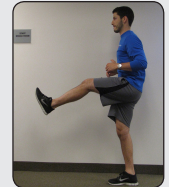
2 HEEL WALK (15 seconds)

Walk forward on your heels. Do not let the toes touch the ground. The entire body should remain tall and facing forward.



3 STRAIGHT LEG MARCH (20 seconds)

Walk with both legs straight. Alternate bringing up each leg as high as possible without jeopardizing form (no bent knees) or leaning backward. The entire body should remain tall and facing forward.



4 HAND WALK (20 seconds)

Bend at the waist and place the palm of the hands on the ground. Keeping the legs & back straight, walk using hands and feet. Try to keep the legs shoulder-width apart.



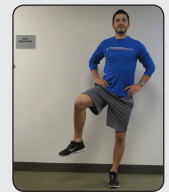
5 CRADLE WALK (20 seconds)

Walking forward, lift one leg in front of the body, bending at the knee. Rotate the knee outward and the foot inward. Hold the foot with both hands, standing on one leg. Hold for 3 sec. and repeat on other leg.



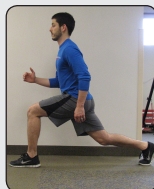
6 HIP ROTATOR WALK (20 seconds)

Pretend that there is an obstacle beside you. Facing forward and keeping shoulders and hips square, rotate one leg out at the hip then bring the leg up and over the obstacle placing it back on the ground. Repeat with other leg.



7 FORWARD LUNGE (20 seconds)

Lunge forward, not letting the front knee fall inwards, or extend over your toes. The back leg should remain relatively straight.



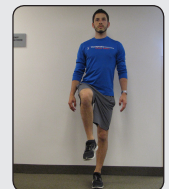
8 BACKWARD LUNGE (20 seconds)

Step backwards into a lunge keep the back leg relatively straight. The front knee should not fall inwards or extend over your toes.



9 SINGLE LEG STANCE (30 seconds/leg)

Start by raising one leg off the ground so the thigh is parallel to the floor. The stance knee should be slightly bent. Hold this position without losing your balance. Complete with eyes open and eyes closed.



10 HALF KNEEL BALANCE (30 seconds)

Start by getting into a half kneel position. The front foot should be directly in line with the back knee. The balancing hip should not droop towards the outside, and the body should remain tall at all times. Repeat to opposite side.



11 PLANK (60 seconds)

Lie facedown placing elbows under shoulders and forearms on the ground. Place legs hip-distance apart and curl the toes under. Lift the body up onto elbows and toes. Maintain a neutral position with back flat and neck straight.



12 SUPINE HAM BRIDGE (30 seconds/leg)

Lie flat on back, bend one knee and place heel close to the gluts. Extend other leg straight up in the air. Push with the heel to lift buttocks off the ground and the extended leg higher in the air. Keep abs tight and upper back on ground. Repeat for the allotted amount of time, then switch legs.





13 WALL JUMP (30 seconds)

Start in a neutral standing position. Jump up while reaching with your hands above your head. Land softly and repeat immediately. *Mistake to correct: Knees going inward, landing loudly or with straight legs.*



14 SQUAT JUMP (30 seconds)

Begin in squat position with chest/head up and back straight. Reach hands to the outside of heels, then jump up reaching as high as possible. Return to squat position and repeat. *Mistakes to correct: Knees over toes, knees going inward.*



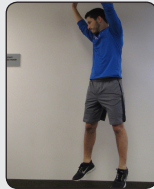
15 TUCK JUMP (30 seconds)

Start in an upright neutral stance and jump to tuck the knees simultaneously to chest and repeat. *Mistakes to correct: bringing chest to knees with head down, double bouncing between jumps, landing loudly or with straight legs.*



16 180 DEGREE JUMP (30 seconds)

Starting from an upright neutral stance, jump straight up into the air and make a 180-degree turn before landing. Reverse direction and repeat. *Mistakes to correct: Over-rotating, body not turning as a unit, loud, straight leg landing, and jumping in the same direction.*



17 SCISSOR JUMP (30 seconds)

Start in a deep lunge position with front knee directly over ankle. Alternate legs by pushing off the front leg and landing with opposite leg bent in front. *Mistakes to correct: Landing with wobbly knees or knee past toe, switching legs without power or height and landing straight-legged.*



18 BARRIER JUMP SIDE TO SIDE (15 seconds/leg)

Using a 6-8" barrier, perform a single leg hop side to side over the barrier. Start with a double leg jump if the single leg hop is too difficult. *Mistakes to correct: landing with stiff, straight knees or wobbly knees and ankles.*



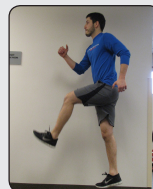
19 BARRIER JUMP FORWARD / BACKWARD (15 seconds/leg)

Using a 6-8" barrier, perform a single leg hop forward and backward over the barrier. Start with a double leg jump if the single leg hop is too difficult. *Mistakes to correct: Landing with stiff, straight knees or wobbly knees and ankles.*



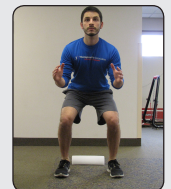
20 BOUNDING (30 seconds)

Skip forward driving each knee up. Each leg should land softly with knees directly in line with your toes. *Mistakes to correct: Landing loudly, double bouncing between skips.*



21 BROAD JUMP FORWARD AND HOLD (30 seconds)

Start from a squat position with knees directly in line with your toes. Jump forward pushing off with both feet and land softly in the squat position for a 3 second hold. Repeat. *Mistakes to correct: landing loudly, or with stiff or wobbly knees and ankles.*



22 QUICKFEET (30 seconds/direction)

Start at left end of a sideline, in front of the line, facing the field/court. Step right foot forward and diagonally to the right over the line followed quickly by the left. Next step right foot backward and diagonally to the right over the line followed by the left. Repeat for the allotted amount of time, then switch direction so other leg leads.

