

Single Leg Medial Hop With A Bounce



Notes / Coaching Points

Start on one leg, dip down to a 1/4 squat position to generate a quick but powerful push through the ground as you propel your body medially over a small hurdle; use the same leg to land by grabbing the ground with your muscles upon impact; accept the landing forces & add a small bounce before repeating the motion with the same leg.

Description
