

## The Fartlek - Skater Jumps (45 Degree)

---



### Notes / Coaching Points

Place one leg in front of the body with knees & toes in alignment; stabilize the knee upon ground contact & then drive the front leg through the ground finishing with the big toe pressing the heel off the ground; flex the opposite knee above hip level (bring heel to butt) before repeating the movement on the opposite side.

---

### Description

---