

180 AND 360 DEGREE HOPS

- Stand on one leg.
- Keep spine long and alive and keep awareness on the three points of contact of the standing leg.
- Compress the ankle, knee and hip.
- Swing arms and drive bent leg up, concentrate on height.
- While in the air look over left shoulder and rotate shoulders to initiate turn.
- Land on toes, compressing at the ankle, knee and hip.
- Repeat turning the opposite direction.

Benefits

- Proprioception and Balance.
- Spatial awareness.
- Weight bearing.

Beginners Advice

- Bend knee over second toe.
- Drive with the bent leg.
- Start with 90o turns (1/4) jumps to start and work up to 180o turns.
- Try to complete without falling over upon landing.
- A nice image is a spinning top.

Challenge

- Extend your spin with speed and effort to complete a 270o, 360o or even further jump.
- Start the hop on a line and try to land back on the line.
- Spin in the opposite direction.
- Travel forwards in the spin.
- Travel backwards in the spin.

Adjustments / What to look for

- Knee tracking away from foot.
- Long spine.
- Head bouncing.
- Loss of balance.
- Angled body in rotation.
- Whole body rotating as one, not segmented.