

FORWARD, BACKWARD, LATERAL JUMPS

- Feet together.
- Weight on balls of feet.
- Jump laterally over a line.
- Jump forwards and backwards over a line.
- Smooth, quiet, even jumps.
- Short ground contact time.
- Absorb forces through ankles, knees and hips.

Benefits

- Balance.
- Control.
- Rhythm.
- Resilience.

Beginners Advice

- Feel light.
- Quiet feet.

Challenge

- Eyes up.
- Eyes closed.
- Increase length of jumps.
- Increase speed of jumps.
- Follow verbal cues.

Adjustments / What to look for

- Land softly, minimal foot noise.
- Long spine.
- Cushioning through ankles, knees and hips.
- Feet together.