

## HOPPING FOR LENGTH

- 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 and forwards, concentrating on length.
- 10 hops on each leg.

### Benefits

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

### Beginners Advice

- Bend knee over second toe.
- Drive with the bent leg.
- Keep eyes focussed on something still.
- Imagine hopping over a river.

### Challenge

- Count how many hops over a set distance and reduce it by one on the way back.
- Hop from a line to a specified point, go further on the next hop.
- A nice contrast is to Hop up hill and then down hill.

### Adjustments / What to look for

- Knee tracking away from foot.
- Long spine.
- Head bouncing.
- Bending knee up and down and not in the cycle motion.
- Loss of balance.
- Running.