

HOPS IN PLACE

- 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 up and drive leg up to hop.
- Land on toes and repeat in sequence ten times.
- Repeat on opposite 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.

Challenge

- Hop as high as possible staying on a line.
- Hop with eyes closed and stay on a line.
- Hop as fast as possible.

Adjustments / What to look for

- Knee tracking away from foot.
- Long spine.
- Travelling in any direction.
- Head bouncing.
- Loss of Balance.