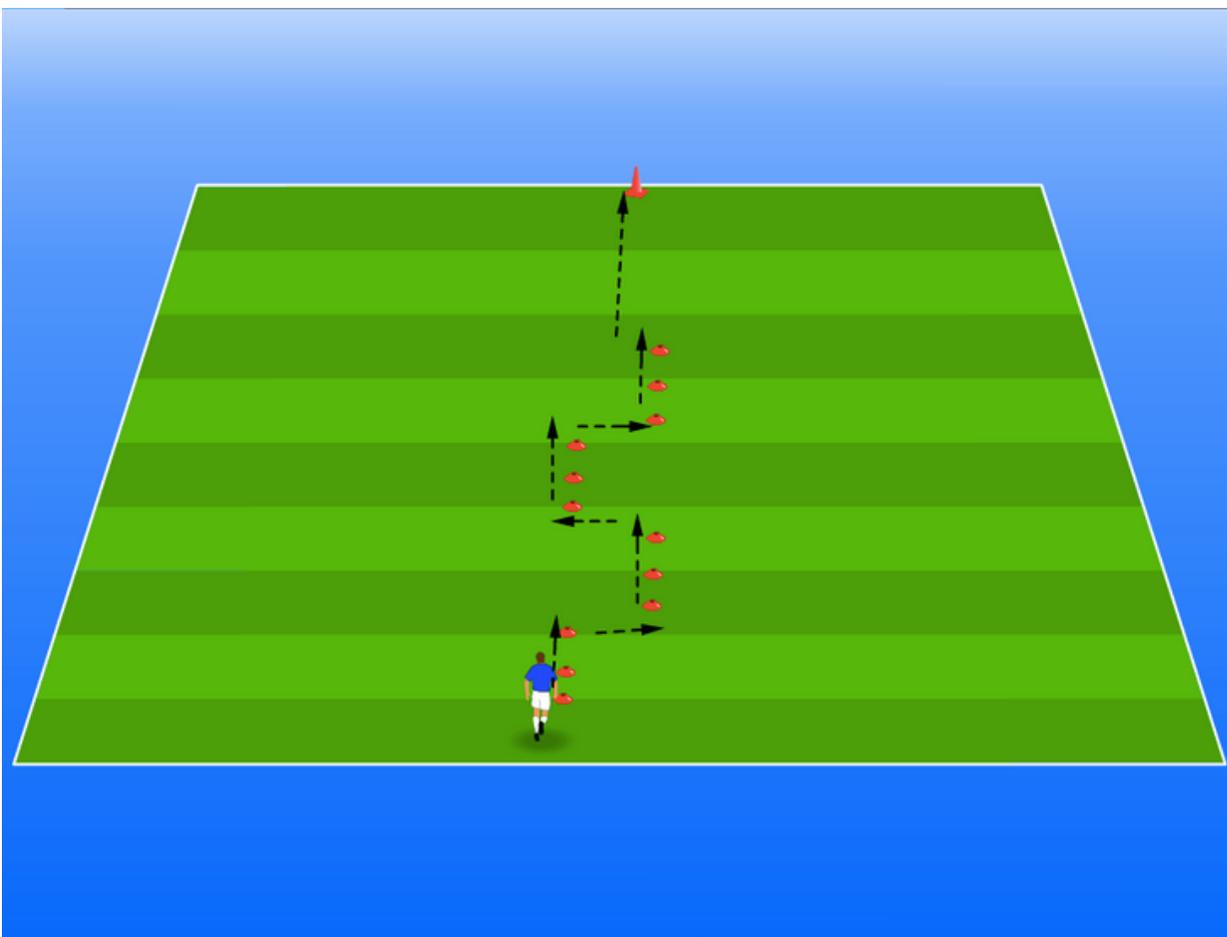


Alternate hops/ leg bounds conditioning drill



How it works

You will start this drill using your left foot and take 3 quick hops over and between the cones.

Once you have gone through the first 3 cones you will hop laterally to the right and land on your right foot.

You now go through the cones using your right foot to hop over them.

Once you get to the end you will hop laterally back over to the left, landing on your left foot.

You will repeat this process until you get through the cones, then to complete the drill you will sprint 10 yards to the tall cone. This will take you back to the start.

Repeat this 4 times with a 30-second rest in between sets.

Coaching points

- Use your arms for balance
- Stabilize yourself before making your next hop

Questions

- What can you use to help yourself balance?
- What should you do before making your next hop?

Purpose

The purpose of this football conditioning drill is to help build power and stability in your legs

Set up

- 18 cones
- 1 tall cone

Advanced