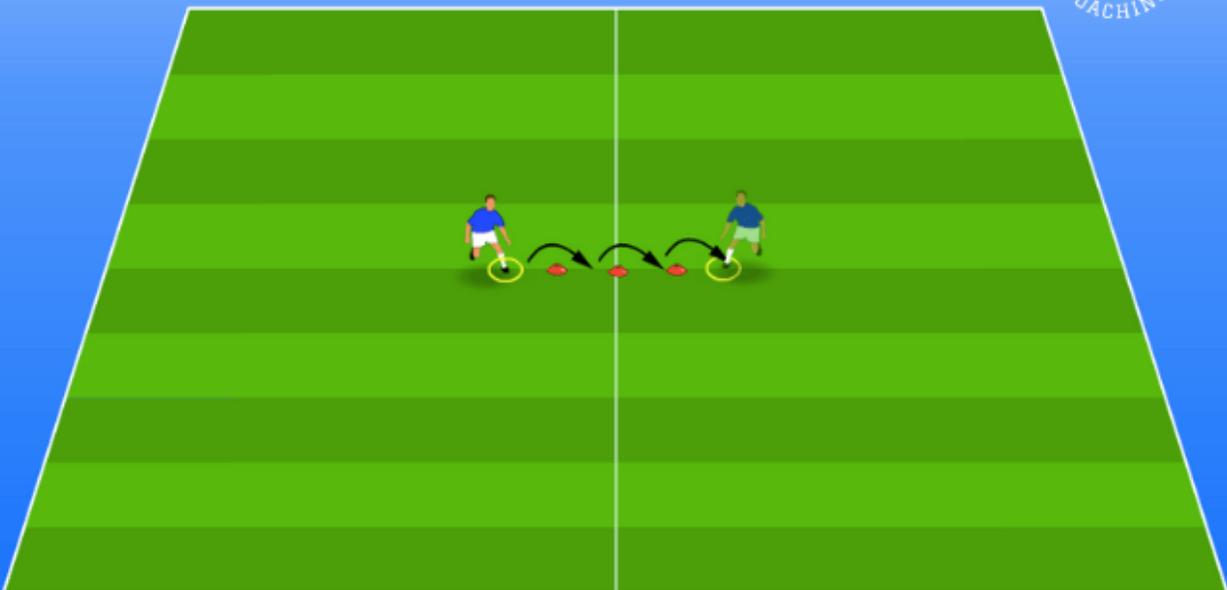


Alternate leg lateral hops



How it works

Place 2 hoops 3 yards apart with 3 mini spread evenly between them.

Start the exercise in one hoop balancing on the leg that is closest to the mini hurdle in a side-on-body position.

Using the same leg you will laterally hop over the hurdles until you reach the hoop on the other side.

Once you reach that hoop with the same leg you will laterally hop over the hurdles back into the original hoop you start in landing on your opposite foot.

Rotate 180 degrees so now the foot you landed on is now closest to the mini hurdle.

Repeat this drill 3 times on each leg.

Coaching points

- Pause after each hop to prevent your momentum from taking over
- Focus on exploding from your hops
- Use your arms to help you balance

Questions

- After each hop what should you do?
- What should you do to hop as efficiently as possible?
- How can you balance while hopping?

Purpose

The purpose of this agility drill is to improve the balance and explosive power of a player.

Set up

- 2 hoops
- 3 mini hurdles

Intermediate