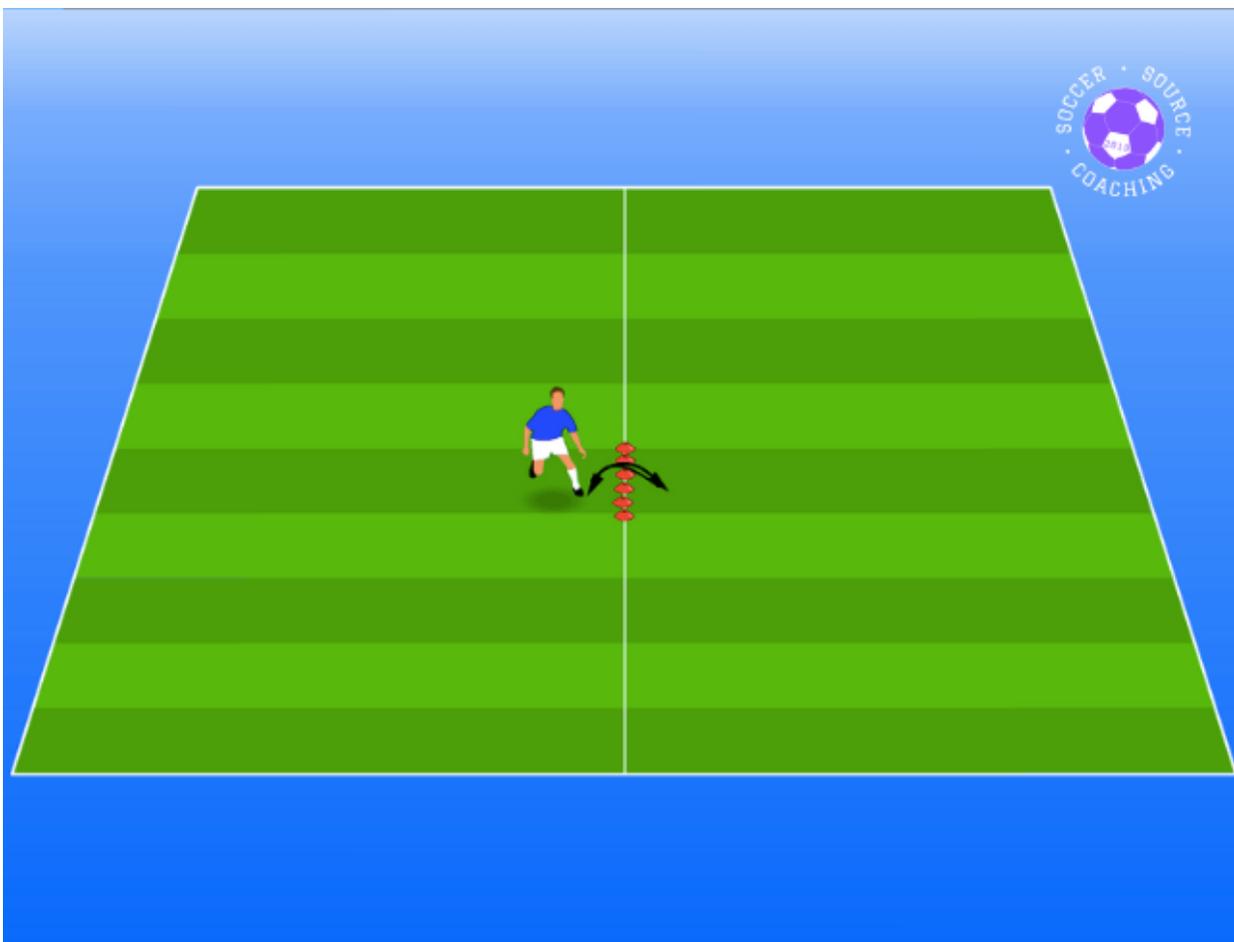


Lateral hops



How it works

Place your cones down in a line without any space between them.

This will create your line for your lateral hops.

You can start on either side of the line.

Start by balancing on your right foot first, you will now use your right foot to jump either side of the line as many times as you can for 30 seconds.

After 30 seconds have 10 seconds rest then do the same but with your left foot.

Repeat 3 times on each foot.

Coaching points

- While hopping from side to side remain on your toes
- Make sure you are keeping a slight bend in your knee while jumping/landing.

Questions

- How can you make hopping easier and more effective?
- How can you cushion your legs while hopping?

Purpose

The purpose of this drill is to help improve power and stability in players' legs.

Set up

- 4 cones

Beginner