

10U/12U PHASE I - CORE & BACK

SOCCER BALL JUMPS

MOVEMENT

- 1 Start with soccer ball between feet.
- 2 Jump up in the air, bring knees to chest and soccer ball to hands.
 - Jump up in the air, bring heels to glutes and soccer ball as high as possible.
 - Player to complete 10 Soccer Ball Jumps first wins.

VARIATION

- 1 Start with soccer ball between feet.
 - Jump up in the air.
- 2 While ball is in the air, turn 180 degrees to catch the ball.
 - Player to complete 10 Soccer Ball Jumps first wins.

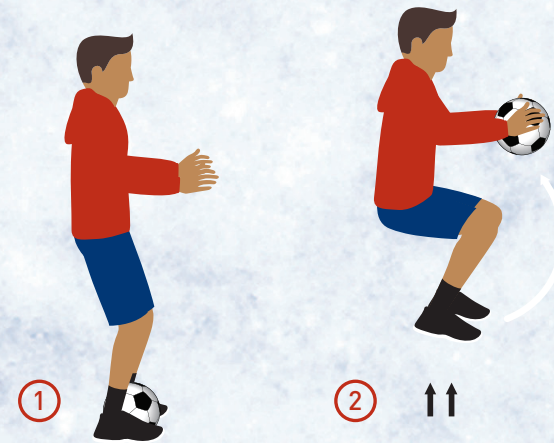
ADVANCED

Divide into partners and pass ball to each other using motions described above.



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VARIATION

