

10U/12U PHASE II - RUNNING & JUMPING

CHAOTIC HOPS

MOVEMENT

- 1 In designated confined area, 2 foot hops in all directions.
 - Make sure players land softly, bend knees and use arms for balance, acceleration and deceleration.
 - Hop forward, backwards, laterally and diagonally.

Players will fatigue fast so play for 30 seconds, rest for 30 seconds.

- 2 Tag: assign one or two players to be "it." Play tag, with all players hopping to avoid being tagged.

ADVANCED

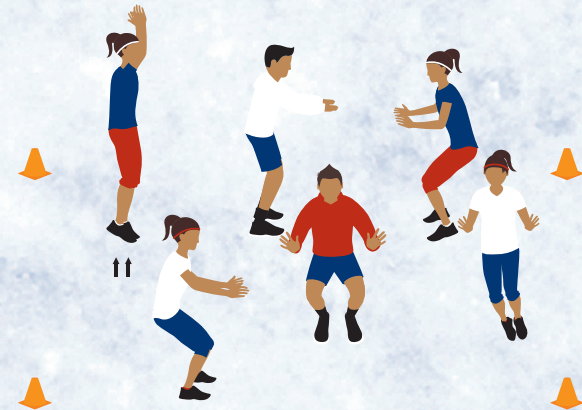
Tag: perform Chaotic Hops hopping on one leg.



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CHAOTIC HOPS

1 TWO FOOT HOPS



2 ONE LEG HOPS

