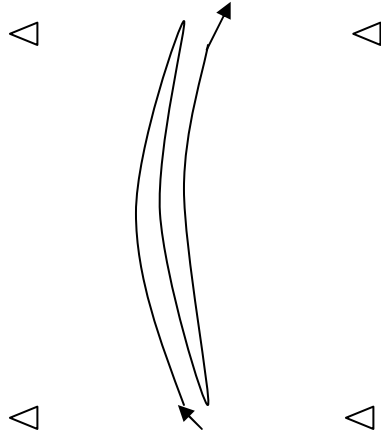


Lateral Jump Sequence

(distance between markers = 5 feet)

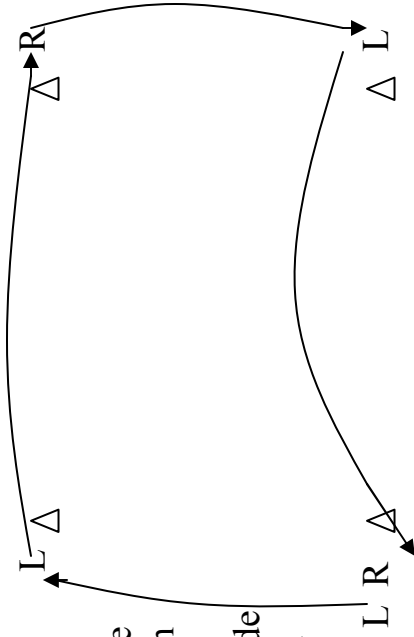
1. Ice Skater

Jump to and fro from one foot to the other for 15 sec.



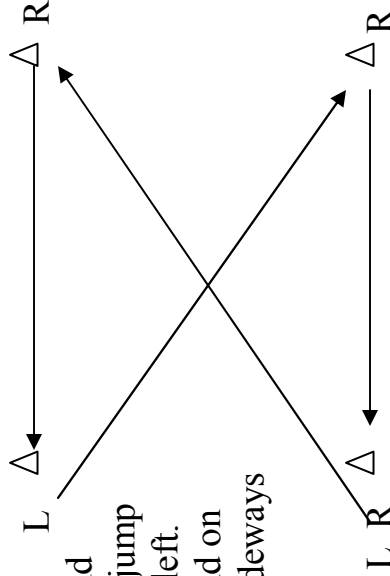
2. Four Square

Jump left foot forward, then side on right foot, then back on left foot, then crossover side to right foot, then repeat



3. Figure Eight

Jump diagonal, land on right foot, then jump sideways, land on left. Jump diagonal, land on right, then jump sideways land on left, repeat



4. Square jump

2 foot hop forward then hop right, then hop back, then hop left, then repeat

