

10U/12U PHASE I - RUNNING & JUMPING

## LATERAL SKI JUMPS

### MOVEMENT

- 1 • Stand with feet shoulder width apart, knees and hips slightly bent.  
• Stand to the side of stick or cone.
- 2 • Arms slightly bent at side.  
• Using arms for momentum jump side to side over a cone or stick.  
• Jump from two feet and land on two feet.  
• Land softly with knees and hips slightly bent.

### ADVANCED

Single leg jumps left foot to left foot, right to right, left to right and right to left.



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