

10U/12U PHASE I - RUNNING & JUMPING

JUMP ROPE

MOVEMENT

- 1 • Jump Rope on 2 feet using ball of foot.
• Work on rhythm and timing.
• Have players count repetitions trying to beat previous personal score.

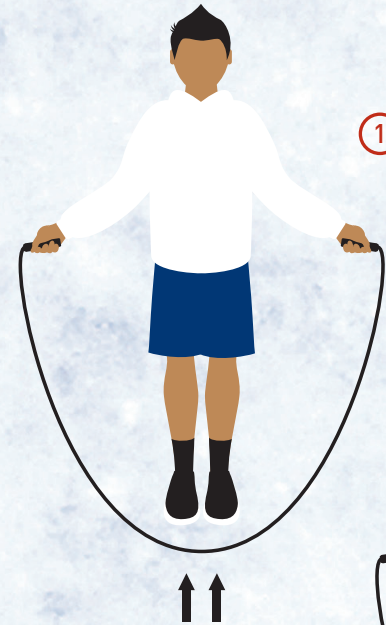
ADVANCED

- 2 • Have players Jump Rope swinging rope backwards, hopping on one leg.

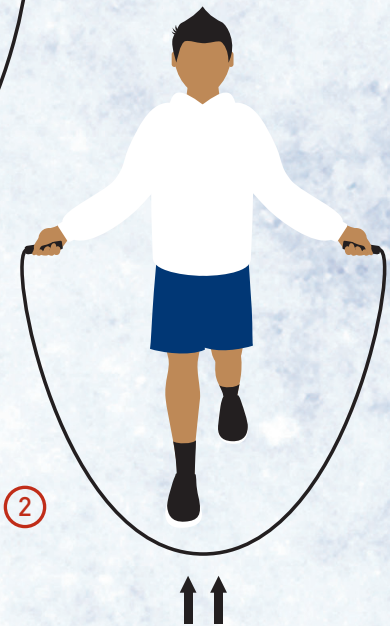


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JUMP ROPE



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10U/12U PHASE I - RUNNING & JUMPING

JUMP SPRINTS

SETUP

- 2 cones are 2 feet apart.
- 3 players per 2 cones line up in front of the cones.

① MOVEMENT

- 2 foot jump over both cones, landing softly.
- Sprint 10 yards.
- Jog back to line slowly.
- Repeat.

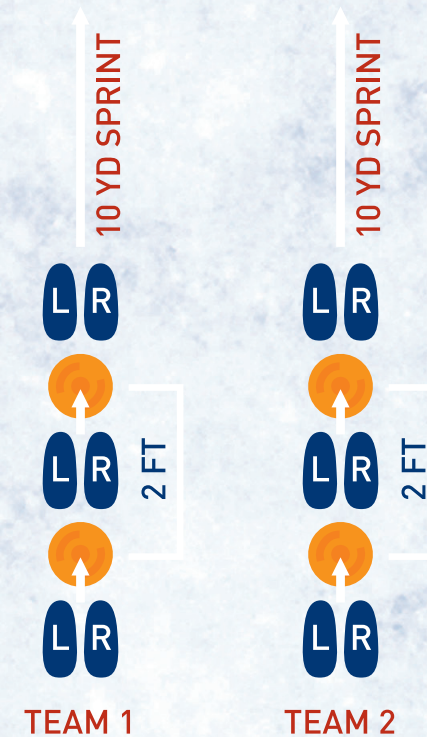
ADVANCED

Jump over cone using one leg. Use the same leg for both jumps. Switch legs and repeat. Create 2-3 lines and make this a race.



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JUMP SPRINTS



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LATERAL SKI JUMPS

MOVEMENT

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

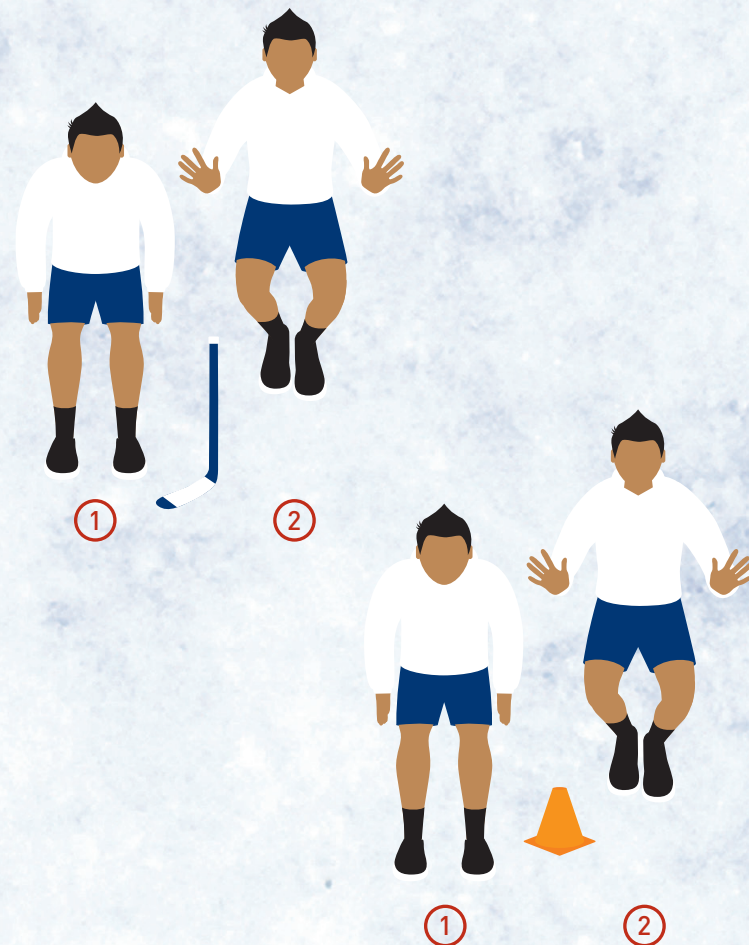
ADVANCED

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



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LATERAL SKI JUMPS



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MULTI-DIRECTIONAL JUMPS

SETUP

- Create a diamond shape with four low/flat cones.
- Set up multiple sets of cones, ideally 2 players per group, so players are active every other repetition.

MOVEMENT

- 1 Stand in middle of the diamond.
 - 2 Jump forward over cone # 1 jump backwards over cone #1 to middle of cones.
 - 3 Jump laterally over cone #2 and back over cone #2 to middle.
 - 4 Jump backwards over cone #3 and forward over cone #3 to middle.
 - 4 Jump laterally over cone #4 and back to starting position.
- This is one complete repetition (8 jumps total over 4 cones).

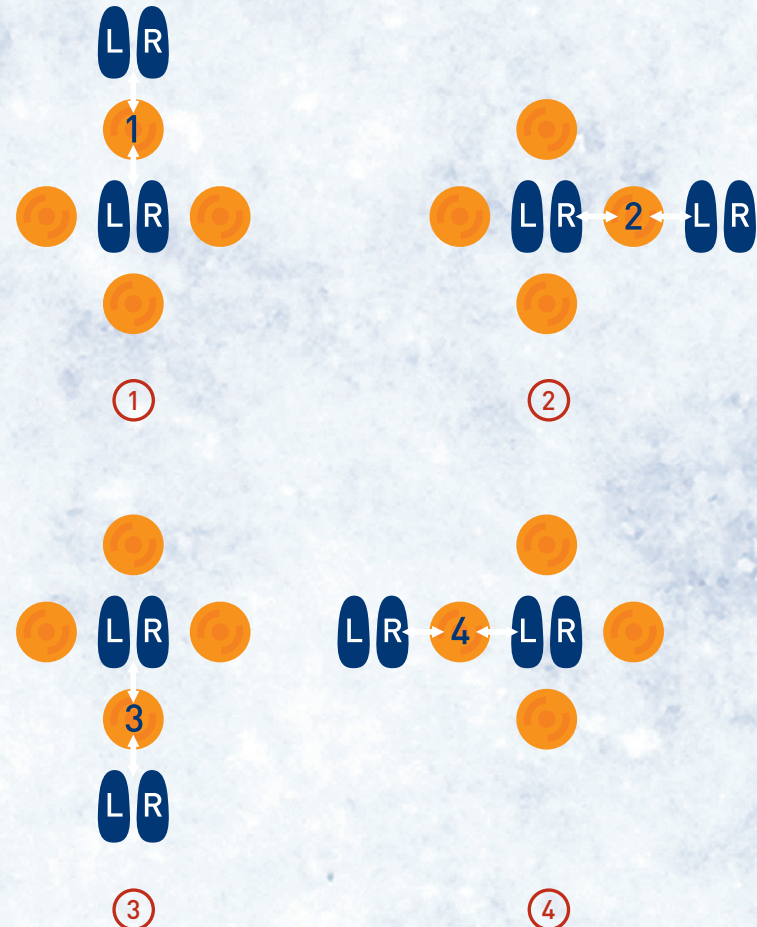
ADVANCED

Have players perform single leg hops.



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MULTI-DIRECTIONAL JUMPS



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MULTI-DIRECTIONAL SPRINTS

SETUP

- 4 cones are 5 feet apart in a square formation.

① MOVEMENT

- Face forward the entire sprint.
- Start at cone #1 and shuffle right to cone #2-keep butt down and knees bent.
- Face forward the entire sprint.
- Sprint to cone #3.
- Shuffle left to cone #4-keep butt down and knees bent.
- Back pedal to cone #1.
- Next player starts when previous player hits cone #2.
- Reverse pattern after 3 repetitions.

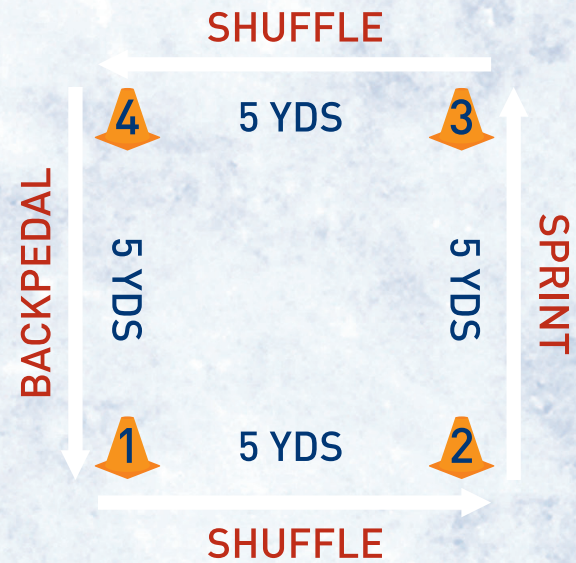
REACTIVE

On coaches command all players activate reverse pattern.



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MULTI-DIRECTIONAL SPRINTS



①



10U/12U PHASE I - RUNNING & JUMPING

RELAY RACE

SETUP

- Divide players into two equal groups.
- Set up two cones 20 feet apart from each other.

① MOVEMENT

- Players sprint to touch cone #2, sprint back through cone #1, high five next player in line to initiate their turn.
- First team to get all players across start line wins.

Be creative and have them sprint forward, backward, laterally, skip, carioca...



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RELAY RACE

