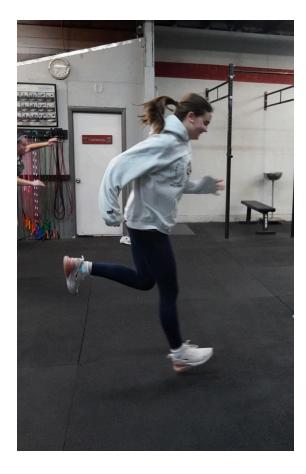
## ADVANCED TRAINING AND PERFORMANCE

## Single leg Bounding



## **Exercise Description**

- 1. Find a space 20-30 feet in length
- 2. On one leg, jump and land on your same leg
- 3. Try and jump as quickly as you can
- 4. Repeat movement until you run out of space
- 5. Sets and reps
  - 3-4 days/wk
  - o 3-4 sets
  - 3-5 lengths

## The Why

This exercise should focus on quick and powerful movements. Bounding is often utilized to reinforce sound jumping and landing mechanics. The movement should be done quickly and quietly!



