



## ADVANCED TRAINING AND PERFORMANCE

### Skater Hops



#### Exercise Description

1. Find a space clear of objects about 6-7 feet in length
2. Stand on one side of the space
3. On one leg, jump to the opposite side of the space
4. Try and land on your opposite leg
5. Try and stick the landing
6. Sets and reps
  - o 3-4 days/wk
  - o 3-5 sets
  - o 10-20 jumps (down and back is one jump)

#### The Why

This exercise should focus on your single leg power and balance. Over emphasis landing softly! Let your knees bend and use your hips to help with the balance. Jumping and landing with good form is an important skill to learn for running and jumping sports.

