

C.13

Single Leg Alternate Extends from Hands and Knees

Drill Skill Module - Lower Body Conditioning

Start Position



End Position



- 1 Athlete is on hands and knees.
- 2 Athlete straightens one leg by pushing it back and then lifting it up, being careful to keep their core strong. Do not lift leg past parallel to the floor or above hip level.
- 3 Athlete then brings leg back to knee and does the same thing with the opposite leg.
- 4 Continue this process for 30 seconds working up to one minute.

This is a great core stability exercise. Do it slowly!

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

Tips & Tricks



- 1 Make sure when the leg is extended that the core is still tight and does not arch.