Squat Jumps Drill Skill Module - Lower Body Conditioning

Front View



C.23





Side View



Athlete bends in an Athletic Stance and touches surface with hands.

Athlete then jumps off the ground extending their whole body moving from heel to ball of foot to toe in a straight jump.

Repeat 10 times.

Video	s / Aids:
Equipm	ent Needed:
-	er Bands (Optional)
Notes:	
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