

C.3

Handstand Hops on a Trampoline or Floor

Drill Skill Module - Arm/Shoulder Conditioning

Start Position



End Position



- 1 Put hands on trampoline bed (or floor).
- 2 Press through the palms of the hands. Shrug through the shoulders. Push through the finger tips to "hop" off the trampoline.
- 3 Land back in a hollow push-up position (identical to your start position).
- 4 Repeat 10 times.

Supplies / Aids:

Video

Equipment Needed:

- 1 Recommended - Trampoline, mat.

Notes:

CONDITIONING