# Power Hurdle Drill Skill Module - Tumbling

**Description:** Intro to Power Hurdle









- Start standing with arms by the side. As athlete bends into the Athletic Stance. Swing arms back to prime them for a quick swing.
- Swing arms forward without coming out of Athletic Stance until arms get to ears.
- Then execute a jump off the floor with body leaning forward in a straight line landing in a long lunge.

### **Equipment Needed:**

Cheer mat

2 Bands

### **Notes:**

## Tips & Tricks



- the floor. (Run, run Power