PP.1

Jump Off Step and SpotDrill Skill Module - Proprioception

Description: Intro to Jump Off Step and Spot











Drill 1

Have the athlete:

- Stand on a mat
- Focus on a spot on the wall (place a sticker, picture, shape etc. for them to look at)
- Bend Knees, Swing arms up reaching for the ceiling and straight jump off the mat and keep eyes on the spot on the wall
- Land with bent knees and arms slightly reaching from the front of the body

Supplies / Aids:

Video			
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• Mat or	r step		
Notes	:		