

10U/12U PHASE II - LOWER BODY

CROSS THE RIVER

SETUP

- In a designated area players cross the river performing straight leg dead lifts (SLDL).
- Design a course with cones or flat discs (simulating rocks in the river).
- 5 cones, 4- 5 feet apart.

MOVEMENT

- Players must get across the river performing SLDL.
- Players 2 foot jump from cone to cone.
- At each cone players perform 2 SLDL-1 with each leg.
- Players start by standing on right leg.

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- In a slow controlled motion player leans forward touching the cone.
- Keep standing leg slightly bent.
- Return foot to start position.
- Player stands on left leg.
- In a slow controlled motion player leans forward touching the cone.
- Return foot to start position.
- Player 2 foot jumps to next cone.
- Repeat exercise until player crosses the river.

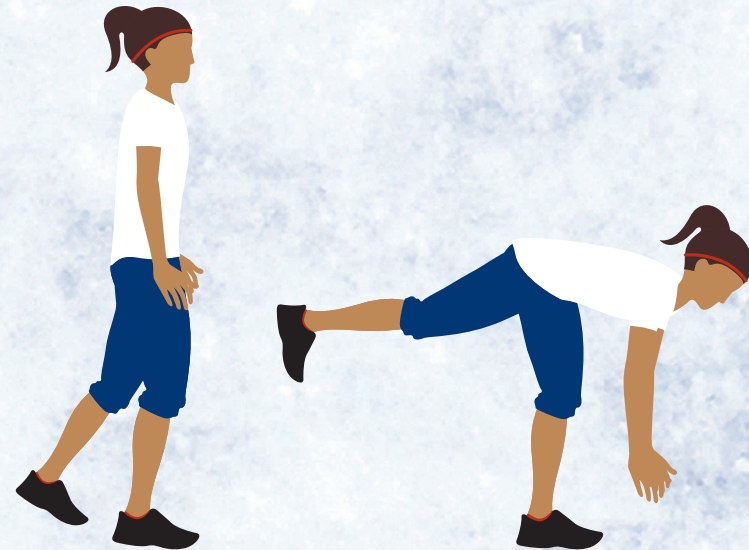
ADVANCED

Perform SLDL hopping, alternating legs, Cross The River.



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