
Level Two: One Leg Box Hop

Starting from the floor in a single leg stance, jump up onto a box. Lateral jumps would be with the step on the outside of the knee joint. Medial jumps will be with the step on the inside of the knee joint.

Medial



Lateral



Level Three: One Leg Hurdle Hop and Stick (medial and lateral)

This is a progression as we have taken off and now completed a full drop back to the floor (increased gravity pull). Hold the landing for 3 seconds.

Medial



Lateral

