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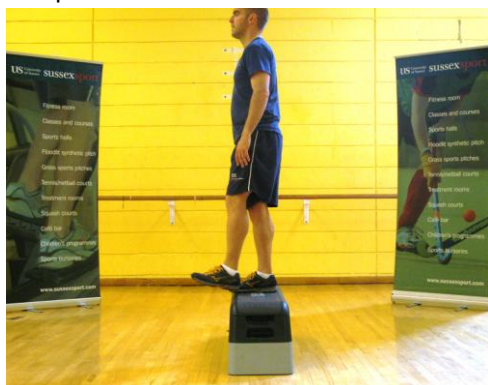
### Level Three: Single Leg Landing

The landing on a single leg should not be any different to that of double leg, just one leg! Look for excessive movement at the knees (in and out) not being able to balance, excessive lean forwards at the torso, stiff legged and not pushing the hips back.

1. Off step

2. Off bench

3. Off box



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### Level Four: Box Jump

Focus on full hip extension during the take-off. The member should still perform quiet landings. The stretch shortening cycle should be short and the take off position should be around a quarter squat. Landing mechanics are still the same.

1. Step

2. Bench

3 Plyo boxes



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### Level Five: Hurdle Jump #1

Jump and stick – simply using the mechanics the member has already learnt (take off and landing) jump over the hurdle using triple extension (ankles, knees, hips) and control the landing (quiet). Hold the landing for a few seconds then walk back to the start.

