PA.2 Hopscotch

Drill Skill Module - Agility

Description: Intro to Hopscotch

Drill 1

Have athletes:

- Work on jumping from one foot to two feet
- Work on jumping feet together and jumping feet apart
- Work on hopping on one foot and being able to jump from number to number
- Work forward
- Work backwards

Supplies / Aids:

Video

Equipment Needed:

- Tape or Hopscotch mat
- Circles

Notes:

AGILITY SKILL