

Bounding Series

Power Skip

- Height
- Distance
- Speed

One Leg Bounds

- Pump Arms
- Drive Opposite Knee
- Gain Ground

Combinations

3-1-3

- 3 Bounds Left Leg – Big Skip Right – 3 Bounds Right Leg – Should Cover 45 Feet

3-1-3 Acceleration

- 3 Single Leg Bounds – 3 Acceleration Steps

3-1-3 Power Skip

- 3 Single Leg Bounds – 3 Power Skips for Either Height – Distance-Speed

Acceleration Ladder

- Bound over Ladder