PURPOSE: This drill develops explosive power in the legs and hips so you can explode out of your stance and quickly reach top speed.

HOW IT WORKS:
1. Stand in relaxed and ready position.
2. Bending hips and knees, sit back into quarter-squat.
3. Exaggeratedly swing arms back.
4. Quickly swing arms forward and simultaneously explode with legs to jump.
5. Propel body forward as far as possible.
6. Land with stable base; absorb impact by allowing body to return to start position and immediately repeat for a total of four jumps.

SETS/REST: 5 sets of 8 reps with 60 seconds rest between sets.