

Habits of successful Horizontal Jumpers

1

Foundational Athletic Habits:

- Speed
- Coordination
- Balance

2

Speed

The rate at which something or someone is able to move.

3

Speed

Fast

Controlled
Consistent
Capable

4

Coordination

The ability to use different parts of the body together smoothly and efficiently.

5

Coordination

Subconscious
Single Leg
Smooth

6

Balance

An even distribution of weight enabling someone or something to remain upright and steady.

7

Balance

Positions
Hands
Block

8