

CONSISTENCY AND BALANCE – Phase 1

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Hop into Wide Feet	50	100	8-11 ft	80%
Hop into Wide Feet – even leg push	25	50	8-12 ft	80%
Hop into wide Feet – Add variability	25	50	8-12 ft	80%

Be aware of the width of your hips – create that size opening between the insides of your feet.

Reminders:

The key to these drills will be to be MINDFUL in the beginning. It is ok that something might feel uncomfortable. That just means it is different than you are used to. Continue to practice and it will become comfortable.

Land with even weight on both feet and try to push evenly with both legs.

Add as much variability as your brain can handle while maintaining accountability to the habit you are trying to build.

MAKE SURE YOU ARE AWARE AND MINDFUL OF THE HABITS WE ARE WORKING ON. THAT IS THE WHOLE POINT OF GOING SLOWLY.