

## Hurdles

Hurdles should be 18"-2' in height.

1. One hurdle: jumping, two feet, forward and backward (no turning around).
  - a. 20 seconds.
  - b. Count of at least 15.
2. One hurdle: jumping side-to-side.
  - a. 20 seconds.
  - b. Count of at least 25.
3. Two hurdles: jumping side-to-side.
  - a. 20 seconds.
  - b. Count of at least 25.
4. Two hurdles: two feet, forward and backward (no turning around).
  - a. 20 seconds.
  - b. Count of at least 15.
5. 8-10 hurdles, in a straight line, 2-3 feet apart:
  - a. "Hops": 2 feet together, soft landing, forward only.
  - b. Left foot hopping.
  - c. Right foot hopping.
  - d. Two feet-jumping.
6. Patterned hurdles: 2 close together, 1 far apart, 3 close together, 2 far apart.
  - a. Two feet jumping-only one jump between hurdles (no double bounces).
  - b. Right foot hopping.
  - c. Left foot hopping.