

Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Leg Match with Partner

Objectives: To develop power and rhythm in jumping

Description: Partner up with another athlete via telecommunications. Delegate one partner as #1 and the other as #2. You will both simultaneously jump up and down five times. On the sixth jump, extend one of your legs. If you both extend the same leg, athlete #1 gets one point. If you both extend opposite legs, athlete #2 gets a point. The first player to reach 10 wins.

Variations: 1) Use both of the legs to take off. (2) Use the right leg only for take-off. (3) Use left leg only for take-off. (4) Emphasize jumping high. (5) Alternate same leg, different leg for each player.

Equipment: None needed

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