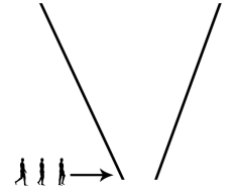


Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

River Leap

Objective: To develop dynamic coordination and rhythm

Description: Stretch out two ropes on the ground. Use the ropes to form a single large “V”. The space between the two ropes is the river. With a short 1-2 step approach, leap over the river. Start leaping at the narrow part of the river and progress to leaping wider parts. Focus on the take-off with one foot and landing with two feet while bending the knees.



Variations: (1) Pretend there are crocodiles in the river and one must clear the gap:

Equipment: Two ropes

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