Off balance push jumping and landing

GameProgression

- 1. In pairs. One player jumps from two feet into the air and looks to land on one foot.
- 2. Whilst they are in the air their partner gives them a slight push to put them off balance.
- 3. Repeat for set number of repetitions and swap roles
- 1. Vary position of push, e.g. in front, behind, side, etc.

