

Perfect Stick Landings Workout



Whether you are landing forward, backward, laterally or on one foot, this is an excellent test of landing skills! Practice makes perfect, the more you do this workout the better your results will get for the perfect STICK. Also, makes great side stations on vault and floor! This is designed for all skill levels!

Time: 20 minutes

Items Needed:

Spotting Blocks
Multiple Bosu Balls

Name	Reps/Minute
Legs Single Leg Stick on BOSU	10 each side
Landings 1/2 Jump Stick	10 each direction
Landings Back Tuck Stick Rebound Drill	10
Bosu Bounce Landings	20
Legs single foot front and back landings Bosu	15 each side
Lateral Landings 4 BOSU	10
Landings Circuit	5 of each
Single Leg Tuck	
Single Leg to Pike	
Backward Tuck	
Backward Layout	