

**Drill: Side Hop**

This exercise involves the use of 2 cones approximately 18 to 26 inches in height. The movement specifically develops the thigh abductor muscles, stabilizers of the knees and ankles, and enhances explosive lateral power throughout the legs and hips. This drill is very useful for all activities employing lateral movement.

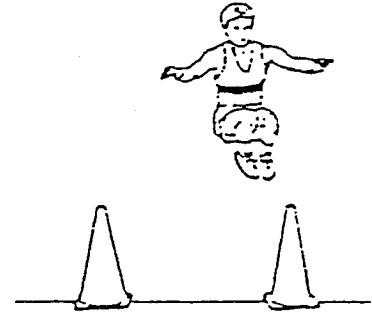
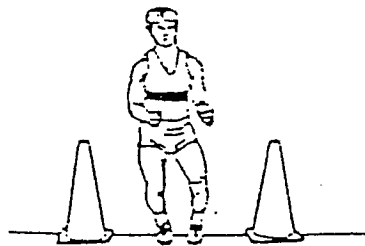
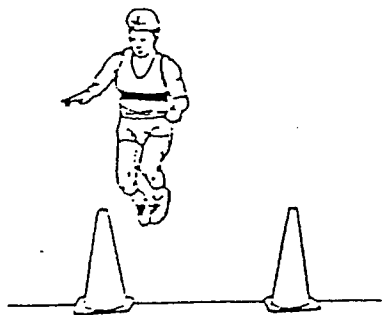
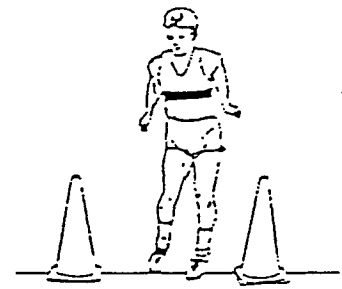
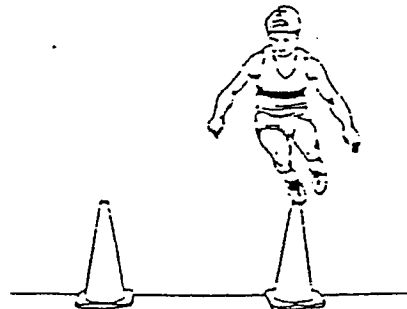
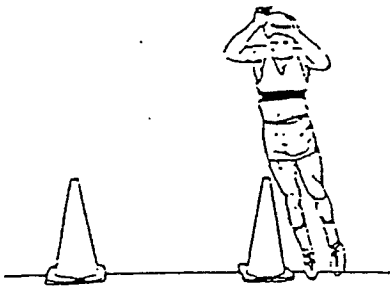
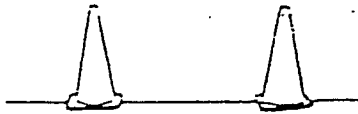
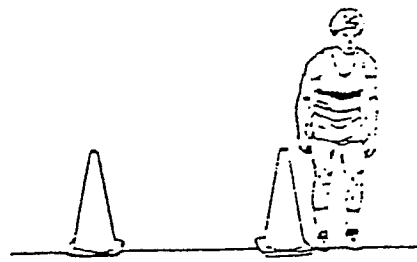
**Starting position**

Set both cones side by side approximately 2 to 3 feet apart. Assume a relaxed upright stance to the outside of one of the cones. The feet should be together and pointing straight ahead, and the arms cocked ready to provide lift and aid in balance.

**Action sequence**

From the starting position, jump sideways over the first cone and then the second one. Without hesitating, change direction by jumping back over the second cone and then the first one; continue this back-and-forth sequence. Use the arms in an upward thrusting

motion with thumbs up and elbows at 90 degrees.



\* The illustrations on this, and the following pages, are taken from the book PLYOMETRICS-Explosive Power Training, by James Radcliffe & Robert Farentinos.