

To improve soft landing to absorb forces the following instructions could be used:

When landing from a box of hop:

- *"Land as softly as you can."*
- *"Pretend you are going to sit on a chair when landing."*
- *"Pretend you are landing like a frog."*
- *"Pretend you are landing on eggs, don't crack them!"*
- *"Make as less noise as possible when landing."*
- *"Pretend someone is sleeping next to you, don't wake him up when you land!"*
- *"Pretend you're landing in a puddle of water, don't splash it too much!"*

When changing direction, zigzagging:

- *"Push yourself off of the ground as hard as you can."*
- *"Accelerate as if you are a rocket or coil spring."*
- *"I want to see your cleats in the grass."*
- *"Pretend you are sitting on a chair."*
- *"Keep your shorts level with the floor."*
- *"Pretend you have to move underneath a low bridge, don't hit your head!"*
- *"Pretend as if a rattlesnake is close to your foot, don't let it bite you!"*

When jumping:

- *"Reach the ceiling like you are a rocket that is launched."*
- *"Launch yourself as if you are a coil spring."*
- *"Push yourself off of the ground as hard as possible."*
- *"I want to see your cleats in the grass when you push off."*
- *"Jump as if you have to break an elastic band which is around your feet and shoulders: snap it!"*
- *"Jump like a frog."*
- *"Jump like a kangaroo."*

When passing the bench:

- *"Be like a cat."*
- *"Jump and land like a frog."*

Purpose: to decrease impact/load in the frontal plane and stimulate landing on shoulder width, the following instructions could be used:

When landing after the jump:

- *"Pretend you have head lights in your knees and point them forward"*
- *"Land on the targets on the floor."*
- *"Make sure the tip of your shoes points forward when you land."*
- *"Make sure the logo of your t-shirt points forward when you land."*

When changing direction:

- *"Imagine your knees are headlights; as you turn, let the light point towards the new running direction."*
- *"Point the logo of your shirt towards the new direction."*
- *"Point the tip of your shoes towards the new direction."*
- *"Pretend you have a laser coming out of your belly button, point it to new running direction."*

When keeping balance and using the arms to maintain balance:

- *"Try to focus on touching the cones."*
- *"Walk as silent as possible."*
- *"Walk as if you are walking on ice."*
- *"Pretend you are surfing."*
- *"Walk as if you are an airplane."*
- *"Pretend you have to hold balance if is walking in a train."*
- *"Pretend you hold a cup of water: don't spoil the water!"*