# JUMP

## J.4 | Arm Swing to Strong T

**Description:** Arms moving to the Strong T creates lift of body as our arms are the lifters of our body. At the same time this lift engages our posterior jumping chain of muscles used to lift our body off the ground. When you swing arms from down to up it engages all of the upper body muscles to contract as well as an eccentric / concentric reaction in lower body that coupled with an engaged core will lift the body into the air.



#### Step I: Strong T Motion

Teach athletes the Strong T motion. Arms should hit a T motion slightly in front of the body - arms are at shoulder height but pulled slightly forward. The reasoning for this is when athletes learn the toe touch in the future we want their legs to be able to come up behind the T motion. Shoulder blades should be squeezed and arms should be very tight and strong. When jumping we want the arms to stay in the Strong T position not flying up or dropping down.

Once they have a consistent Strong T motion move on to STEP 2.

#### Step 2







Start in High Clasp as taught in Module 1. Arms straight up where elbows are close to temples with body in good posture, lift through toes. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body. Keep hands clasped and swing arms straight down to a Low Clasp position, keeping arms straight and strong clasp motion. Legs should bend and body should be in athletic stance position. The arms swing from the low clasp up sides of the body in fists to the Strong T position while standing feeling the lift that the arms and upper body creates.

See teaching counts on next page.

#### Supplies / Aids:

Video

#### **Equipment Needed:**

None Required

Recommended: Mirrors, dots or taped X's on the floor so kids know where to stand. Pool noodle to hold in front of athlete at shoulder level that they will snap their Strong T up to for arm awareness.

Notes:	

**FUNdamentals 1** 

# J.4 Arm Swing to Strong T Drill Skill Module

#### Step 2 Teaching Counts

Counts	
1	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
2	Hold
3	Hold
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	Swing arms up sides of body to Strong T creating lifting through upper body and arms to stand
7	Hold
8	Hold

Once they have mastered the High Clasp swing though Athletic Stance to Strong T move on to STEP 3.

#### Step 3: Add Approach

Add the approach counts taught in Jumps Module 2 to the Jump Module 3 - "Low Clasp & Athletic Stance" to the Jump Module 4 "Arm Swing to Strong T".

#### Step 3 Teaching Counts:

Counts	
5	Stand in clean-up - chin high & smile
6	Hold
7	Hold
8	Hold
	IST 8-COUNT OF JUMP DRILL
1	Clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	Swing arms up sides of body to Strong T creating lifting through upper body and arms to stand
7	Clean arms to sides
8	Hold

#### **Notes:**

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#### **Tips & Tricks**

- Have athletes hit the
  Strong T position. Have
  coaches try to gently
  move the athletes arms
  to ensure that arms and
  core are strong. The coach
  should not be able to
  move the athlete's arms
  when using reasonable
  pressure to check for
  strength of the arm
- 2 Slap down As you complete Strong T position with arms slap them down to your sides with a tight body in athletic stance with no space between arms and body. You want the athlete to make a loud slap sound when their hands hit the side of their thighs
- 3 Play stick it tight to see who is the tightest in the clean up position. Can you pull their arms away from their sides/legs. They should be so tight that you can not pull the arms out.
- When the athletes stand using momentum from the legs they will have a likelihood to not stop their arms in the correct Strong T position and let them fly up. Practice lift and control through the arms and proper placement.
- Stand directly in front of the athlete with a pool noodle at the shoulder level of the athlete for them to snap Strong T motion to.