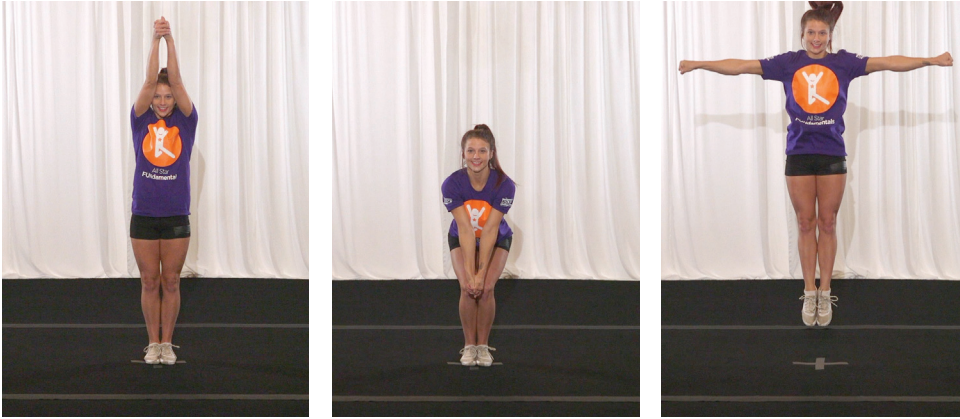


J.5

Straight Jump with Strong T Drill Skill Module



Step 1:

Very similar to Jump Module 3 - Start in high clasp as taught in Jump Module 1 and 2. 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. The arms swing from the low clasp, up sides of the body in fists to the Strong T position while EXPLODING into a jump with legs together, pushing from heel, ball to toe off the surface. Legs are straight and toes are pointed towards to ground.

Drills to Jump:

- 1 Box Jumps
- 2 Calf Raises

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	EXPLODE through legs into Straight Jump lifting upper body and arms to Strong T
7	Land in Athletic Stance, knees bent and absorb - slap arms clean to sides
8	Hold

Notes:

Tips & Tricks



- 1 Have athletes try to jump as high as possible - consider having them straight jump to reach a certain point on the wall.
- 2 Put athletes in a circle facing each other spread far enough apart to not touch in a T and go through the straight jump positions and counts to work on synchronization and uniform arm placement
- 3 When the athletes explode out of the Athletic Stance they will have a likelihood to not stop their arms in the correct Strong T position and let them fly up. Practice control through the arms and proper placement while focusing on an explosive jump from the Athletic Stance.
- 4 Do these in front of a mirror. Be very tight in your arms by engaging your core. This gives strength and tightness to your arms.
- 5 Work on chin being on a shelf or neutral while watching yourself in a mirror.
- 6 Video each other and watch to make self correction.