## J.5 Straight Jump with Strong T Drill Skill Module

Description: This module uses Jump Modules 2, 3, and 4 all put together to master the Straight Jump with Strong T.





### Key's to Any Jump Regardless of Jump Position:

- The upper body and the momentum of the arms help lift the jump.
- Power is created through a strong and squeezed core.
- Explosive power is generated through the legs from the Athletic Stance the goal is height!
- Jumping off foot heel, ball, toe Jumping goes through whole range of motion. You come off of foot in any jumping skill starting with heels on the floor. The heels lift off the floor, then the ball of the foot and finally you lift off the toes. Toes should be pointed in mid jump.
- Landing and absorbing When we land any skill, specifically jumps, we need to land toe, ball, heel, into an athletic stance bending at all three joints the hip, the knee, and the ankle in order to distribute the landing forces, which are in some circumstances 8-9 times the body weight, over three different areas and a centered balanced landing position.

### Supplies / Aids:

1 Picture:



Video

### **Equipment Needed:**

None Required

Notes:

Class).

Recommended: Mirrors, dots or taped X's on the floor so kids know where to stand.

#### Tips & Tricks



# JUMPS

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#### 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:

- 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

- Have athletes try to jump as high as possible consider having them straight jump to reach a
- 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
- 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
- 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.
- Work on chin being on a shelf or neutral while watching yourself in a mirror.
- Video each other and watch to make self correction.