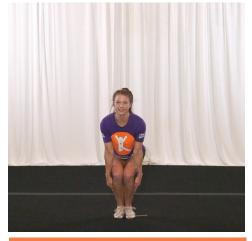
# JUMP

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

**Description:** This module uses all the previous modules put together to master the Straight Jump with Strong T.





Mid Air Straight Jump

Proper Landing Position

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

- 1 The upper body and the momentum of the arms help lift the jump.
- Power is created through a strong and squeezed core.
- 3 Explosive power is generated through the legs from the Athletic Stance position. The goal is height!
- Jumping off foot- heel, ball, toe. Jumping goes through a whole range of motion. You come off of the 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.
- 5 Landing and absorbing. When we land any skill, specifically jumps, we need to land toe, ball, heel, into an Athletic Stance position bending at all three joints the hip, the knee, and the ankle. In order to distribute the landing forces, which are in some circumstances eight to nine times the body weight, you must utilize three different areas and a centered, balanced landing position.

## Drills to Jump:

### Drills to Land:

- Box Jumps
- Jump off a box. Stick the landing in a tight Athletic Stance position
- 2 Calf Raises
- Play game of "Stick It" off of a tramp or onto a soft mat

### Step 1:

Very Similar to Module 3 - Start in High Clasp as taught in 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 with a strong clasp motion. Legs should bend and body should be in Athletic Stance position. Swing arms 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. Keep legs straight with toes pointed towards to ground.

Photos on next page.

## Supplies / Aids:

- Picture: Character in a Straight Jump (Print extras and hand out as a coloring sheet at the end of class.)
- 2 Video

## **Equipment Needed:**

None Required

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

1	_	1	_	_	
M	m	T	ω	c.	ľ

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







## Teaching Counts

Counts	
1,2,3,4	Hold in extend / punch, clasp up / raise onto toes - elbows are close to temples
5	Swing straight down to Low Clasp, Athletic Stance position
6	EXPLODE through legs into Straight Jump, lifting upper body and arms to Strong T motion
7	Land and absorb. Slap arms clean to sides.
8	Hold
1	Stand clean

Once they have mastered the High Clasp swing though Athletic Stance to Straight Jump, move on to STEP 2.

Add the approach

## Teaching Counts - Straight Jump:

Counts			
5,6,7,8	Stand in clean-up, chin high, smile		
	IST 8-COUNT OF JUMP DRILL		
1	Clasp - under chin, elbows squeeze body		
2	Hold		
3	Extend / punch, clasp up / raise onto toes - elbows are close to temples		
4	Hold		
5	Swing straight down to Low Clasp, Athletic Stance position		
6	EXPLODE through legs into Straight Jump lifting upper body and arms to Strong T motion		
7	Land and absorb. Slap arms clean to sides.		
8	Hold		
1	Stand clean		

## Notes:

## Tips & Tricks

- Have athletes try to
- 2 Put athletes in a circle
- 4 Do these in front of a
- 5 Work on chin being on