Getting Ready for Connected Jumps -Difference Between a Punch and a Jump

Drill Skill Module

Description: This module will start to prepare athletes for a double jump. It is important to teach the difference between a punch and a jump. Connected jumps are NOT punching skills, but true jumping skills absorbing through the hips, knees, and ankles through the Athletic Stance position between each jump.

A locked-leg "bounce" off the floor as opposed to jumping. The punch involves a quick twitch off the ankles pushing all the way through the toes. Many higher level tumbling skills require a punch. A punch is similar to a rebound.

An explosive push upwards using the Athletic Stance position to generate power from the legs to explode and lift off the floor. Jumping goes through whole range of motion. The heels lift off the floor, pushing through the ball of the foot and finally pushing through the tips of the toes.

Punch drills:

Explain the punch. Athletes will best understand it as a "Bounce" - We don't want to focus too much at this time on perfecting a punch, but instead learning the difference between punch and jump. It is very important that athletes learn that connected jumps DO NOT punch. The goal is for the athlete to understand and feel the difference.

Drills to punch:

- Kangaroo Bounces Starting with a small hop practice bounces, landing on the balls of the feet. Immediately push through ankles and toes into a punch with no bend of the knees when the feet meet together on the floor. The push is entirely through ankle and toes. Kangaroo jump down a line, on a large circle, or follow the leader style! Can be done forwards and backwards.
- Step off of a short block or mat landing on the balls of the feet immediately pushing through ankles and toes with no bend of the knees when the feet meet together on the floor. The push is entirely through ankle and toes.

Explain the jump and review Athletic Stance position in which the knees are bent to create a balanced position with shoulders over knees and knees over toes. Explosive power comes from the legs. Jumping off foot - heel, ball, toe. Jumping goes through the whole range of motion. 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, lift off the toes.

Drills to jump:

- Start standing and swing the arms back behind the hips into Athletic Stance position and "jump" up onto a panel mat or block. (Box jumps)
- Step off a short block or mat absorbing through the Athletic Stance position and immediately "jump" as high as possible.
- Start standing and swing the arms back behind the hips into Athletic Stance position and "jump" consecutively three times in a row absorbing through the Athletic Stance position between each jump but not pausing.
- Frog jumps with arms outside legs and inside legs.

Supplies / Aids:



Equipment Needed:

None Required

Recommended: Panel mats, or small blocks.

Notes: