Description: This module will teach the athletes the proper arm swing connection for multiple jumps. The correct arm motions generate momentum, lift and power.



### Teaching the semi-circle from T connected swing approach:

Teach the arm swing mechanics, without jumping, using the bend and stand approach. The arms come from the Strong T position and semi-circle in front of the body and down, crossing arms slightly above the wrist just above knee level. The arms do not drop from Strong T down by sides to the cross position. They circle forwards in FRONT of the body to create momentum and lift through the upper body and arms when executing connected jumps. ARMS NEVER COME ABOVE SHOULDER LEVEL.

## Teaching Counts:

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	Stand through legs to to Strong T motion
7	Bend knees back to Athletic Stance position and semi-circle arms in front of the body to the crossed position - arms crossed slightly above the wrist and just above knee level.
8	Hold
1	Stand clean

## Supplies / Aids:



## **Equipment Needed:**

None Required

Recommended: Mirrors, dots or taped X's on the floor so athletes

know where to stand.		
Notes:		

# Getting Ready for Connected Jumps - Arm Connection Drill Skill Module

Connecting the semi-circle approach back to Strong T.













# Teaching Counts:

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	Stand through legs to to Strong T motion
7	Bend knees back to Athletic Stance position and semi-circle arms in front of the body to the crossed position - arms crossed slightly above the wrist and just above knee level.
8	Stand through legs. Continue momentum of arm cross to finish semi-circle back to Strong T. Lift through arms and upper body.
1	Stand clean

### Notes:

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## Tips & Tricks



- Stand behind athletes and
- 3 The arm connection will