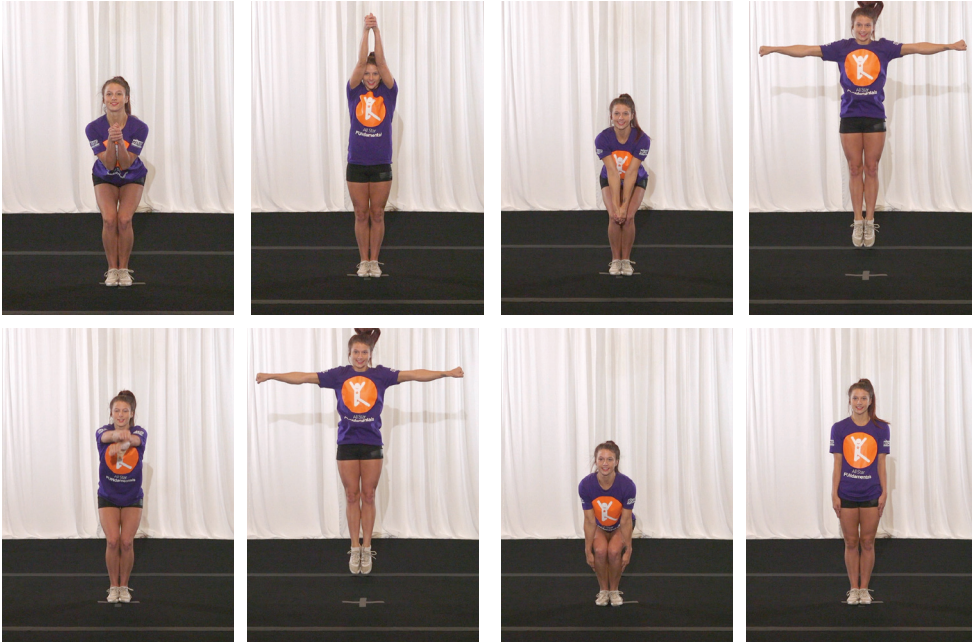


J.9

Double Jump Drill Skill Module

Description: We will put the steps together to connect jumps to a Double Jump. The Double Jump should be mastered in the Straight Jump position first, but then can incorporate varieties such as 1) Straight Jump, Tuck Jump, 2) Tuck Jump, Straight Jump, or 3) Tuck Jump, Tuck Jump.



Step 1:

Straight Jump with Strong T landing in Athletic Stance position with crossed arms - MAKING SURE TO CORRECTLY SEMI-CIRCLE ARMS IN FRONT OF BODY to cross position.

Teaching Counts:

Counts	
5,6,7,8	Stand in clean-up, chin high, smile
1ST 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	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

Once they have mastered the Straight Jump with proper arm swing connection to the low cross move on to STEP 2.

Supplies / Aids:

V Video

Equipment Needed:

None Required

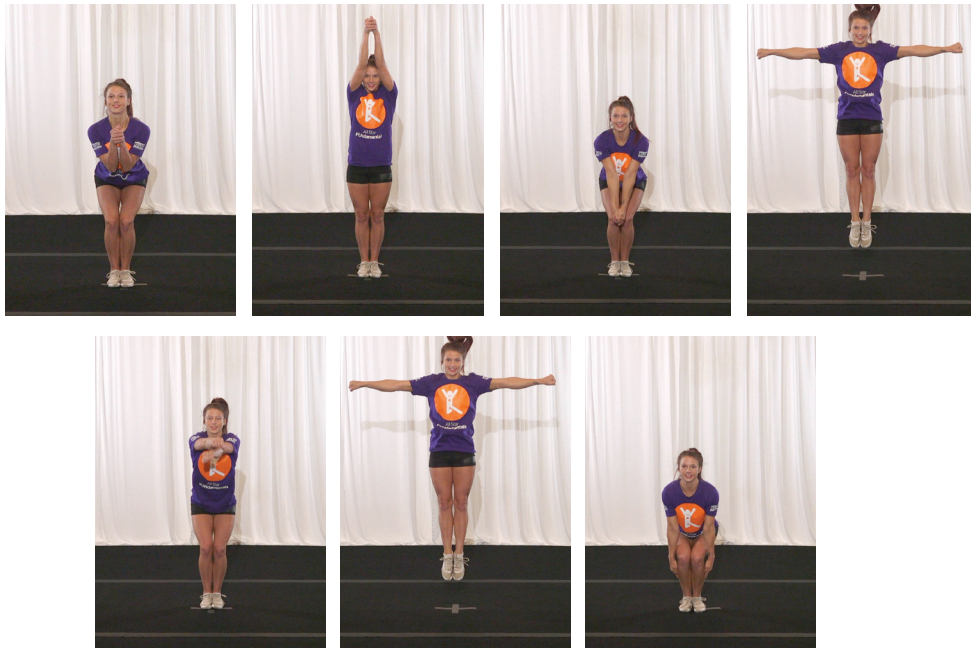
Recommended: Mirrors, dots or taped X's on the floor so athletes know where to stand.

Notes:



J.9

Double Jump Drill Skill Module



Step 2:

Adding a second Straight Jump with the proper arm swing connection. Review step 2 of module 7 - connecting the semi-circle approach back to Strong T.

Teaching Counts:

Counts	
5,6,7,8	Stand in clean-up, chin high, smile
1ST 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	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	EXPLODE through legs into Straight Jump. Continue the momentum of arm cross to finish the semi-circle back to Strong T, lifting through arms and upper body.
1	Land and absorb. Clean arms tight to sides.
2	Hold
3	Stand clean

Notes:

Tips & Tricks



- 1** Have all athletes yell "SIX" and "EIGHT" When they are in the Straight Jump.
- 2** Make sure athletes are jumping not punching on the connection.
- 3** Be patient with the swing approach as it can take some and patience to master.
- 4** Be sure arms never come above shoulder level. The swing happens in front of the body not over the head.