

Drill Skill Module

FUNdamentals 3

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 through Athletic Stance to Straight Jump, move on to STEP 2.

Step 2: Add Approach

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 jump as high as possible. Consider having them Straight Jump to reach a certain point on the wall.
- Put athletes in a circle facing each other spread far enough apart to not touch in a Strong T. Then go through the Straight Jump positions and counts to work on synchronization and uniform arm placement.
- When the athletes explode out of Athletic Stance position they are likely 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 Stance position.
- Do these in front of a mirror. Athletes should be very tight in their arms by engaging their core. This gives strength and tightness to arms.
- Work on chin being on a shelf or neutral while watching themselves in a mirror.
- Video each other and watch to make self-correction.

JUMPS