# J.6 Tuck Jump with Strong T

Description: This module will add a tuck position to the jump using the progressions in the previous modules.



Drill I - Sitting tuck position

Drill 2 - Laying tuck position

# Step I:

Teach athletes tuck position on ground before implementing into jump.

# Drills to teach tuck position without jumping:

- Sit on the floor with legs straight out, keeping back straight lifting up through rib cage squeezing belly button to back. Bend the knees to the chest keeping knees and ankles together with toes pointed to the floor.
- Lie on the ground on the back, pressing lower back to the floor and squeezing hips. Lift knees to chest.
- Hanging. If you have a bar, hang from the bar and lift knees to chest in tuck position keeping toes pointed down to the ground, not behind them.

### Step 2:

Incorporate the tuck position into the jump using the same techniques taught in modules 1-4.

## 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	EXPLODE through legs into Tuck Jump, jump lifting upper body and arms to Strong T motion				
7	Land and absorb. Slap arms clean to sides.				
8	Hold				
1	Stand clean				

<sup>\*\*\*</sup>Knees should be raised higher than hips. This will start the foundation for a strong sit and rolled under position for the hips that will be incorporated in the Toe Touch down the road.\*\*\*

# Supplies / Aids:

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

# **Equipment Needed:**

None Required

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

Notes:						

### **Tips & Tricks**

- Have athletes yell "SIX"

**FUNdamentals 3**