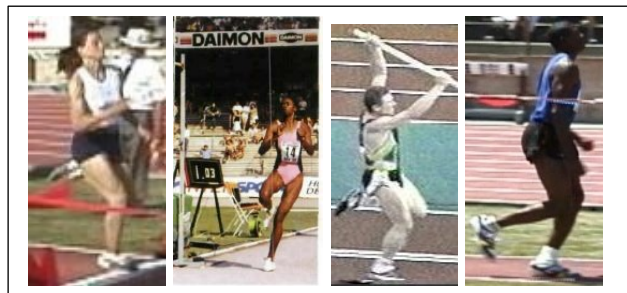


Jumping Development

As with all movements, the ability of the athlete to connect from 'toenails to fingernails' during the jumping action is vital. Even in a pure 'jump', such as Long-Jump in Athletics, the athlete has a variety of things happening before take-off, at take-off, during 'flight', before 'landing' and at 'landing' so the ability to control a variety of factors while jumping is important.

I was taught by my mentors that it was always best to teach 'Landing' before take-off to a Jump. I didn't get an explanation for this mantra but quickly understood when I coached my first High Jumper. It became very clear why landing is part of the vocabulary of Jumping. As a preparation for take-off, nearly every jump is preceded by a 'Landing' of sorts. For example, in the High Jump, the take-off foot is planted on the floor and the free Knee is driven up and across the body. It is this 'plant' or landing that sets up the actual take-off. Get this wrong in terms of "where, when and how" and the subsequent take-off and flight of the jump will be less than optimum.



Above you can see examples of an athlete just prior to take-off having 'landed' on the floor on the jumping (take-off) Leg. If this 'force reduction or 'force stabilisation' or 'shock absorption' landing is not controlled throughout all body parts then the next action – the take-off – is going to be a more difficult action to get right. Don't just think that Athletics jumping activities need this high-quality action. A Cricket Bowler has to land when getting into the delivery part of the action; a Basketball lay-up shot starts with a landing; a Hurdler landing from a hurdle needs quality in this landing; a field and court team athlete who needs to change direction will have to have this 'landing' prior to changing direction; a Soccer player jumping to head a ball will need these take-off mechanics to be first-class; a Ski-Jumper will have to land correctly just as an Ice-Dancer will need to land perfectly.



Landing just prior to take-off is the key action that must be done well if the jump part is to be successful. Lose control of this contact with the floor and not only might the following jump be compromised but joints and tissue can easily be injured.



Losing control of a landing

Landing & Take-Off activities

Two Feet take-off to 2 Feet landing (Jumping)

One Foot (L&R) take-off to 2 Feet landing

Two Feet take-off to One Foot landing (L&R)

One Foot (L&R) take-off to same One Foot (L&R) landing (Hopping)

One Foot (L&R) take-off to opposite Foot landing (Leaping / Bounding)

Combinations e.g. repeated Jumping; repeated Hopping; repeated Leaping; the principles of Hop Scotch; Hop-Step-Jump; 2Hops-2 Steps-2 jumps.

Forwards

Lateral (L&R)

Backwards

Diagonal

With pause

Continuous

Restart e.g. Jump forwards twice then immediately jump backwards once.

Landing Deep

Landing Shallow

Carrying objects e.g. Medicine Balls; Aqua Bags

Catching and Throwing at landing

Arms Overhead

On to a Box

Off a Box

On and off and on combinations

Over a Box; Witches Hat; Hurdle; Bench

On to different surfaces e.g. Sand; Soft Mats; Up-slope and down-slope

While Landings are being adapted to, the actual Take-Off exploration can begin. The direction can be manipulated along with the amplitude from shallow jumping to jumping for height. Actions can be added during and after the 'flight' phase of the jump.

Vertical Jumping (Jumping - Hopping – Leaping / Bounding)

Two-footed take-off

One-footed take-off

Jump & Reach

Jump & Rotate

Jump & Tuck

Star Jump

Jump & Catch

Jump & Throw

Jumping forward for height
Jumping backwards for height
Jumping laterally (L&R) for height
Jumping diagonally for height

Over obstacles e.g. Hurdles, mini-Hurdles, Boxes, Canes

Reactive – mirror a partner's jumping actions.
Reactive – tag games over obstacles.

Static start

One step into take-off (TO)

Two steps into take-off (alternate L&R)

Three steps into take-off – Introduce "Dah, Dah-Dah"

Increase speed of approach

Horizontal Jumping (Jumping - Hopping – Leaping / Bounding)

Forwards

Backwards

Lateral (L&R)

Diagonal (L&R)

Along a line

Across a line

Over obstacles e.g. Hurdles, mini-Hurdles, Boxes, Canes

For height

For distance

With Pause

Continuous

With rebound

With Rotation

Reactive – tag games

August 2017

Kelvin B Giles MA CertEd AS

kb Giles@gmail.com