

Jumps

What is needed for good jumps? Flexibility, Strength, Technique and Practice
First warm up, then stretch all muscles!

I. Developing Flexibility

Stretching – should be done in a non-weight bearing position
Start at the top of the body work down

Neck:

- Look side to side
- Listen to each shoulder
- Draw circles on the ceiling with the top of the head

Shoulders:

- Shrugs
- Roll to the front and back
- Connecting arms behind and in front
- Arm reach behind head

Torso:

- Tilts with varying hand positions
- Sitting, one leg crossed over, opposite elbow pressing
- Lying on back, one bent knee reaching across for ground

Hip flexors/groin:

- Leg swings with bent knee
- Sitting, twist feet towards wall/ceiling
- Wall straddle
- Splits- right, left and middle, go beyond 180 degrees

Hamstrings/quads:

- Hold foot to seat, press against hand
- Feet in 3rd, face to knees, bend gently
- PNF stretching with partner

Calves:

- Straight lunge against wall
- Drop heels off an edge
- Sit opposite partner, feet together, alternate pointing and flexing

Ankles:

- Rotate with hands
- Kneeling, weight on hands, tops of feet press ground

II. Developing Strength

Lower leg and quad:

- Slow hops/jumps
- High jumps, spot on wall
- Long jumps, forward and back
- Jumps with resistance

Calf raises

Ski jumps

Tuck jumps – rapid succession and numerous (also works hip flexors and upper body)

Inner thigh and hip flexor:

Single leg lift and hold in straddle position, keeping palms on ground

Straddle on floor, rock back onto seat, lift legs to hands

Pike position on back, partner resists opening and closing

Flat on back, partner resists heel stretch closing

Partner lifts leg into heel stretch, slowly releases (use support)

Fast leg kicks

Feet apart, jumping and snapping together with resistance

Abdominal:

Crunches

Seat walks

Hollow body rocks

Tuck pulls with partner

V-ups and advanced version: tuck-up, V-up, tt-up, roll over

Upper body:

Push-ups

Supported hand-stand push-ups

Tricep dips

Bicep resistance with partner

Practice preps for jumps

III. Technique

Good execution includes:

Approach

Height

Speed

Body positioning

Landing

Synchronization!

Perfect easier jumps first

Have a consistent approach

Use spotters to develop body positions and correct improper technique

IV. Practice

Jump lines/circles

Work both sides of jumps

Peer critiques

Contests

Video and watch

Reward system

Perfect single jumps before moving on to doubles or triples

Do jumps at games