

20. High Jump And Vertical Jump

Athletes should look to practice the following: A **posturally tall controlled approach** with observable **increased rhythm** (run ups differ between the scissor and Fosbury technique); a powerful take off (**extending at the hip, knee and ankle**); body position should be tall and thin in the air and a landing should be controlled. Athletes should also practice running drills related to jumping for height activities. **Take off and jumping drills should be practiced on both the left and right leg.**

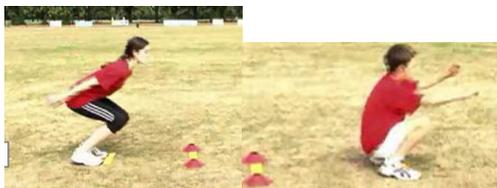
Stage 1 Red Challenges

- 20a) Use jumping combinations to move around a space (Side to side, 1 foot to 2 feet, etc).
 20b) Bend then extend at the knees and ankles to aid jumping for height from a standing position.
 20c) Demonstrate a soft landing, landing flat-footed and bending at the knees to cushion impact.
 20d) Run in and out of cones (curved lines and figure of 8's) with adequate control and balance (cones 5-7m apart).

CIRCUIT response to instructions around coned course (jumps for side to side, jump for height, jump for distance, HOP, 2 feet to 2 feet, etc).



Who lands softest? TAKE OFF & LANDING SCORE. SWING ARMS AT START & Bending at the knees to cushion landing.



Take off from, and land in, different positions.

Comfortable first jump. Then Go back foot from line each time to land same place



Then **TUCK JUMP AND LANDING**

WEAVE in and out curved lines **IN** **FIGURE of 8's** with adequate control and balance (cones 5-7m apart).



Stage 2 Yellow Challenges

- 20a) Jump quickly from side to side showing co-ordination and balance (Speed Bounce).
 20b) Bend then extend at the hips, knees and ankles and use active backwards arm swing action to aid jumping for height from a standing position.
 20c) Demonstrate control and balance on landing - feet shoulder width apart, Centre of Gravity over base of support and landing flat-footed.
 20d) Run in and out curved lines and figure of 8's with reasonable speed, good balance and control. **Focus is forward and not down.**

5 SECS Speed Bounce. ASIDE & COMPASS jumps



the hips, knees and ankles and use active backwards arm jumping for **HEIGHT**



then **TUCK JUMP FACING BOTH WAYS**
+ STAY ON AIR LONGER & SOFT LANDING



Reasonable Speed, good balance and control. Focus is forward and not down. **Focus is forward and not down**

Stage 3 Green Challenges

- 20a) **Jump from side to side** with balance, speed and rhythm (**using an active foot on contact**).
- 20b) Move body parts in an effective order to aid jumping height and efficiency (**basic triple extension - hip, knee then ankle**).
- 20c) **Use a short run (3-5m) to jump one footed for height; reaching for a basketball hoop or cross bar.**
- 20d) Run in and out curved lines with speed, balance and control; **accelerating into each curve**.
- 20e) **Perform a basic scissor jump over mini hurdles** from a short run-up (from both sides).

 <p>(using an active foot on contact).</p>	<p>STANDING JUMP – WITH <u>basic triple extension</u> - hip, knee then ankle.</p> 	<p>Use a short run (3-5m) to jump one footed for height;</p> 	 <p>accelerating into each curve</p>	 <p>Perform a basic scissor jump over mini hurdles from a short run-up</p>
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Stage 4 Purple Challenges

- 20a) **'Scissor' over increased height (rubber bar)** from a **short curved run up** (from both sides).
- 20b) Scissor technique: **keep the head and upper body tall and upright** (from both sides).
- 20c) Scissor technique: **drive the free leg (closest to the bar) up and over the bar, keeping the leg bent.**
- 20d) Scissor technique: **always land on the lead foot** (from both sides).
- 20e) Run with control around a 'J' curve **jumping for height** at end of 'J'.

 <p>'Scissor' over increased height (rubber bar)</p>	<p>keep the head and upper body tall and upright</p>  <p>upright</p>	<p><u>drive the free leg</u> (closest to the bar) up and over the bar, keeping the <u>leg bent</u>.</p> 	<p>always land on the lead foot (from both sides).</p> 
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