

COORDINATION & DYNAMIC BALANCE - JUMPING MOVEMENTS

Coordination skills such as throwing, jumping and even hopscotch require **your brain and body to work together to create the correct movement smoothly**. When practicing coordination **athletes should try slowing down more difficult challenges**. All landing to be controlled and with **soft knees, good posture and balanced finish**. It is assumed that all challenges are completed where appropriate with both legs and/or both directions.

1. RED – Stage 1 Red Challenges

6a) **Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 135° (50cm distance).**

6b) **Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 90° (50cm distance).**

6c) As Red 6b but **backwards**.

6d). As Red 6a and 6b with a **vertical jump**.

 <p>Sit back to control landing with soft knees flexing to 135° (50cm distance).</p>	 <p>flat footed. Sit back to control landing with soft knees flexing to 90° (50cm distance).</p>	<p>Backwards – down</p>  <p>ACTIVE ARM SWING HEIGHT</p>
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2. YELLOW

6a) **Jump from 2 feet to 2 feet forwards then backwards with continuous rhythm, soft knees, retaining good balance.**

6b) **Jump from 2 feet to 2 feet from side-to side with continuous rhythm.**

6c) Alternate 2 feet to 2 feet jumps between side to side and forward and backwards to form a sequence.

6d) Straddling a line, jump from 2 feet to 1 foot landing on the line. Control landing to freeze on the line.

 <p>Jump from 2 feet to 2 feet forwards then backwards</p>	 <p>Jump from 2 feet to 2 feet from side-to side</p>	<p>COMPASS JUMP forward and backwards to form a sequence</p> 	<p>jump from 2 feet to 1 foot landing on the line. Foot in Air!</p> 
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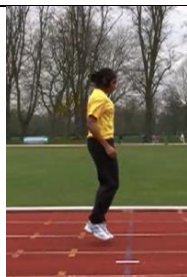
3. GREEN

6a) Jump from 2 feet to 2 feet with continuous quarter turns in same direction landing in freeze position. **After every 4 jumps change direction.**

6b) Jump from 2 feet to 2 feet with continuous quarter turns in rhythm, alternating between turning left and right, and land in freeze position.

6c) **Single leg hops forwards.**

6d) **Single leg hops sideways**



Jump from 2 feet to 2 feet with continuous quarter turns in same direction landing



single leg hop & hold

IMPORTANCE IN ALL JUMPS OF HOLD FORM 3 SECS BEFORE NEXT JUMP!

4. PURPLE

6a) **Single leg hops backwards.**

6b) **Jump from 2 feet to 2 feet with a 180° turn and land in balance with freeze position.** Start and finish on the same line.

6c) Jump from 2 feet to 2 feet with tuck, landing with control and soft knees, and then in freeze position. Start and finish on the same line. (Footage Coming Soon)

6d) **Jump from 2 feet to 2 feet with tuck and with a 180° turn at the same time, landing in balance with freeze position.**

BACKARD 5 X HOPS (SMOOTH) HANDS BALANCE BY SIDE



JUMP SPIN AROUND 180 DEGREES -FACING OTHER WAY



TUCK JUMP SPIN AROUND 180 DEGRESSFACING OTHER WAY

5. BLUE

6a) Jump from 2 feet to 1 foot with tuck, finishing with controlled one foot landing on same line.

6b) Jump from 2 feet to 2 feet with a 180° turn and land in balance. Start on one line, and travel forward then backwards to finish on start line (50cm jumps).

6c) Jump from 1 foot to 1 foot with tuck (same foot), hopping forwards and backwards on to the same vertical line, freezing on landing. Repeat, jumping from 1 foot to the other foot. (Footage Coming Soon)

6d) Jump from 1 foot to 1 foot with tuck (same foot) hopping sideways onto a different line, freezing on landing. Repeat, jumping from 1 foot to the other foot.

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6 BLACK

6a) Jump from 2 feet to 2 feet with 360° turn.

6b) Jump from 1 foot to 2 feet with tuck and with 180° turn, finishing with a controlled landing on the same line.

6c) Jump from 1 foot to 2 feet with tuck and with 180° turn. Start on one line and finish on a line 50cm away.

6d) Jump from 2 feet to 1 foot with tuck, finishing with a controlled one foot landing. Start on one line and travel forward, then backwards, to finish on a line 50cm away.

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