




Jumps -Warm Up

Raise	<p>In a space marked out at 25m x 25m, students will be asked to jog, skip in different directions, and hit the deck when called.</p> <p>Continuous skip and react to calls</p> <ol style="list-style-type: none"> 1- Touch floor with right hand 2- Touch floor with left Hand 3- Jump and touch the sky.
Activate	<p>All students will be asked to make a circle, coach will stand in the middle.</p> <p>Circle will have a 15m radius between coach and student.</p> <p>Students will move towards coach with lunge exercises, and back pedal to return to their original starting position.</p> <p>Students will do one set of the exercises below.</p> <p>Activation Exercises:</p> <ol style="list-style-type: none"> 1. Squats with hands on shoulders- 8 reps 2. Lunge- 5 each leg 3. Lateral Lunge- 5 each side 4. Squat Jumps- 5 on the spot, stick the landing, reset and repeat
Mobilise	<p>Dynamic Stretching of the major muscle's groups for sprinting.</p> <ol style="list-style-type: none"> 1. Hip Flexors- Hold for 5 seconds, release, switch leg and repeat both sides. 2. Quads- Hold for 5 seconds, release, switch leg and repeat both sides. 3. Hamstring – 5 swings each leg, hold for 3 seconds. 4. Calves- Hold for 5 seconds, release, switch leg and repeat both sides. 5. Active glute stretches- Standing on one leg, lift the opposite leg and allow the foot to rest on knee. Repeat these 3 times on each side. <p>Mobilisation:</p> <p>Leg swings with partner- 5 each side (Lateral swings and front swings)</p>
Potentiate	<p>2 strides @ 50-60% of max speed over 30m</p>

<div>Jumps Session</div> <div></div> <div>Plyometrics (Activation)</div>	Exercise		Sets	Reps
	Single leg hop forward (L+R)		2	8
	Speed bounce		2	6
	Bunny Hops		2	6
	<ul style="list-style-type: none">Emphasis here is on technique, maintaining control and stability when moving.Soft landing.Land with a flat foot and on heels, avoid falling forwards.			
Standing Long Jump (SLJ)	Exercise	Reps/Distance	Sets	Cue
	SLJ with two feet for distance	4	1	Keep both feet together. “Stretch out” whilst in the air; “Land like a frog” with bent legs
	SLJ with two feet for height	4	1	Imagine ‘Jumping up and swinging on monkey bars’
Short Approach Work	Exercise		Sets	Coaching Cue
From a standing start	3 Consecutive hops (L+R)	Measure Distance Determine the take-off foot, which leg is stronger	2	Bend the hopping leg slightly on landing and straighten on take-off Ensure the hips are slightly forward of the shoulders.
Landing Drill		(Reps/Distance)	Sets	Coaching Cue
3-5 stride run up			3	Ensure that the athletes take-off from one foot and land with two feet together in the pit. If the students are jumping very flat and not hanging in the air ask them to “spring” or “pop” up and “push off their toes” when they take-off.
Jump Practice (Long Jump Pitt necessary)		Reps Measure Jumps	Sets	Coaching Cue
9 stride approach		3	1	Approach the board with a steady rhythm The long jumper prepares for take-off by sinking the hips and then raising the hips into the take-off phase.
15 stride approach		3	1	Greater speed will ensure, ensure student can control momentum.

