**DRILL 3 LONG JUMP**

**LEVEL A**

**LEVEL A: Long approach using the correct takeoff foot**

**Techniques for a successful jump (All motor skills for Levels C and B should be mastered):**

**Approach**

1. Visualize your jump.
2. Take 12-15 quick steps (progressive acceleration).
3. Relax, take long strides, keep your knees high.



12-15 steps

|  |  |  |
| --- | --- | --- |
| **Level A**  Long, quick approach | **Level B**  Medium approach | **Level C**  Short approach |

**Takeoff**

1. **Move through the parts of your jump smoothly (fluidity).**
2. Land flat-footed on the second-to-last step.
3. Lower your center of gravity during your last step (relaxed).
4. Push off with your legs.



**Suspension**

1. Keep your back straight.

**Landing**

1. Land on both feet bending your knees.
2. **Stretch your arms out front (Reach for your toes).**
3. Land flat on your feet.
4. Look straight ahead so you don’t lose your balance.

**DRILL 3 LONG JUMP**

**LEVEL B**

**LEVEL B: Medium approach using the correct takeoff foot**

**Techniques for a successful jump (All motor skills for Levels C should be mastered):**

**Approach**

1. Visualize your jump.
2. Take 6 quick steps.

 6 steps

|  |  |  |
| --- | --- | --- |
| **Level A**  Long, quick approach | **Level B**  Medium approach | **Level C**  Short approach |

**Takeoff**

1. **Move smoothly from your approach to your jump**
2. Land flat-footed on the second-to-last step.
3. Lower your center of gravity during your last step (relaxed).
4. Push off with your legs.

**Suspension**

1. **Bring you legs together.**



**Landing**

1. Land on both feet **bending your knees**.
2. Land flat on your feet.
3. Look straight ahead so you don’t lose your balance.

**DRILL 3 LONG JUMP**

**LEVEL C**

**LEVEL C: Short approach using the correct takeoff foot**

**Techniques for a successful jump:**

**Approach**

1. **Visualize your jump.**
2. **Take 3 steps.**



**Takeoff**

1. **Land flat-footed on the second to last step.**
2. **Lower your center of gravity during your last step (relaxed).**
3. **Push off with your legs.**

**Suspension**



**Landing**

1. **Land on both feet.**

**DRILL 4 HIGH JUMP**

**LEVEL A**

**LEVEL A:** Backflip with curved approach of 6 quick steps using the correct takeoff foot

**Techniques for a successful jump (All motor skills for Levels C and B should be mastered):**

**Approach**

1. Visualize your jump.
2. Take 6 quick steps (strong strides and acceleration).
3. Approach the bar at an angle
4. Relax, take long strides, keep your knees high.



Mat

**Takeoff**

1. Move through the parts of your jump smoothly (fluidity).
2. Land flat-footed on the second-to-last step.
3. Turn your hips so your back is to the bar.
4. Lower your center of gravity during your last step (relaxed)..
5. Push off with your legs.



**Clearing the bar**

1. Jump over the bar. («Clear it!)
2. Turn in the air and kick your feet up.



**Landing**

1. Land on your back and shoulders.
2. Finish with a backward roll.

**LEVEL 4 HIGH JUMP**

**LEVEL B**

**LEVEL B:** Backflip with straight approach of 4-5 steps using the correct takeoff foot

**Techniques for a successful jump (All motor skills for Level C should be mastered):**



**Approach**

1. Visualize your jump.

Mat

1. Take 4-5 quick steps (acceleration).



**Takeoff**

1. Land flat-footed on the second-to-last step.
2. Turn your hips so your back is to the bar.
3. Lower your center of gravity durning the last step (relaxed).
4. Push off with your legs.



**Clearing the bar**

1. Jump over the bar. (Clear it!)

**Landing**

1. Land on your back.

Mat

**LEVEL 4 HIGH JUMP**

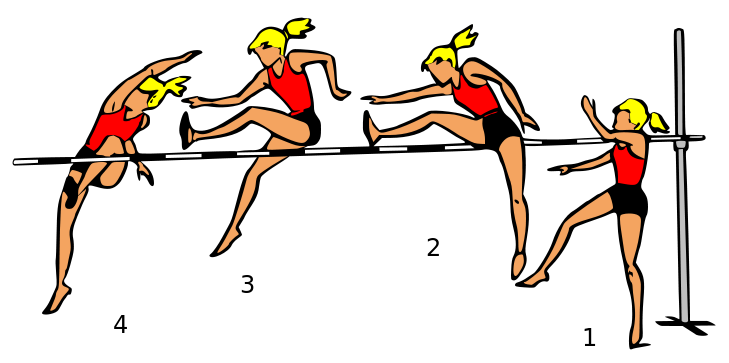
**LEVEL C**

**LEVEL C:** Scissor kick with straight approach of 4-5 steps using the correct takeoff foot

**Techniques for a successful jump:**

**Approach**

1. **Visualize your jump**.
2. Take **3-4 steps**.

**Takeoff**

1. Land flat-footed on the second-to-last step.
2. Push off with your legs.

**Clearing the bar**

1. Jump over the bar. (Clear it!)



**Landing**

1. Land on your lead foot. (lead leg).