

DRILL 3 LONG JUMP

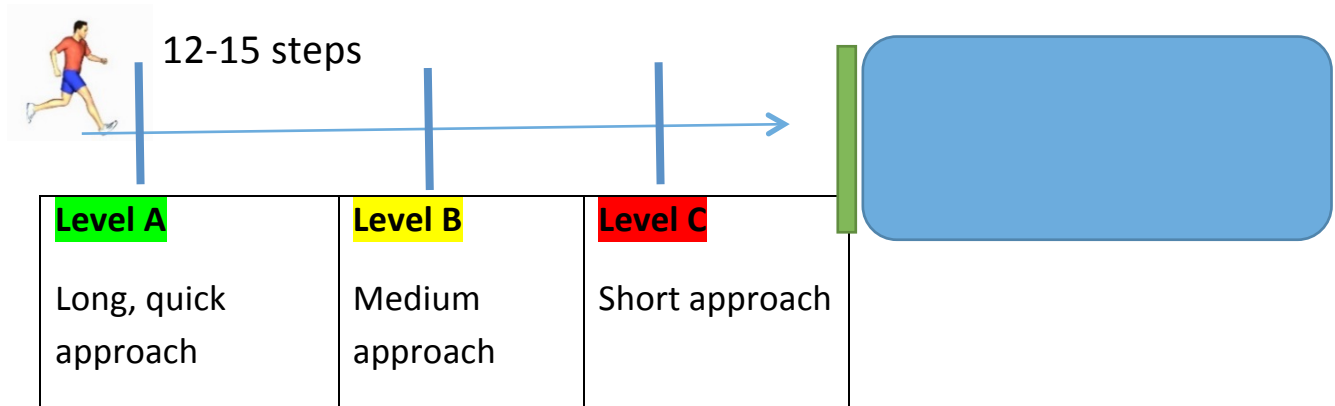
LEVEL A

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.



Takeoff

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



Suspension

8. Keep your back straight.



Landing

9. Land on both feet bending your knees.
10. Stretch your arms out front (Reach for your toes).
11. Land flat on your feet.
12. Look straight ahead so you don't lose your balance.



DRILL 3 LONG JUMP

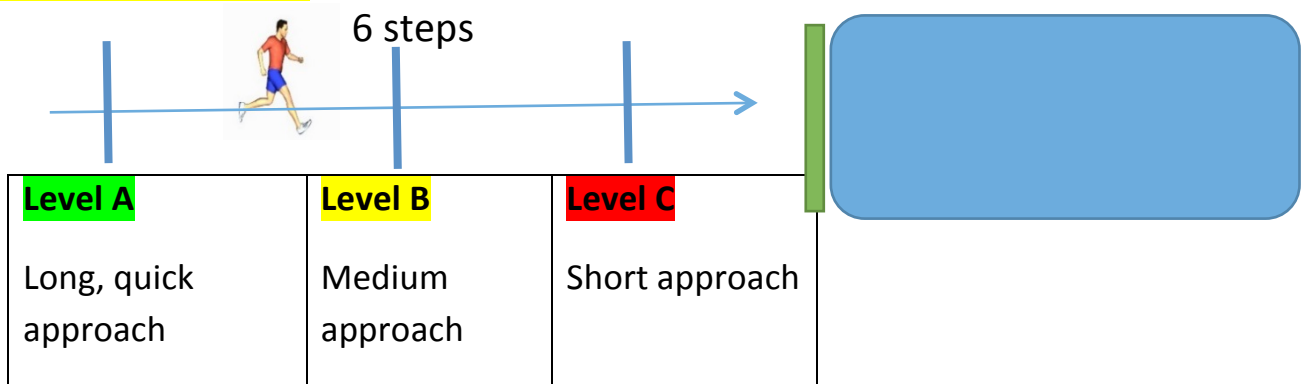
LEVEL B

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.



Takeoff

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



Suspension

7. **Bring you legs together.**

Landing

8. Land on both feet **bending your knees.**
9. Land flat on your feet.
10. 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

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



Suspension

Landing

6. Land on both feet.



DRILL 4 HIGH JUMP

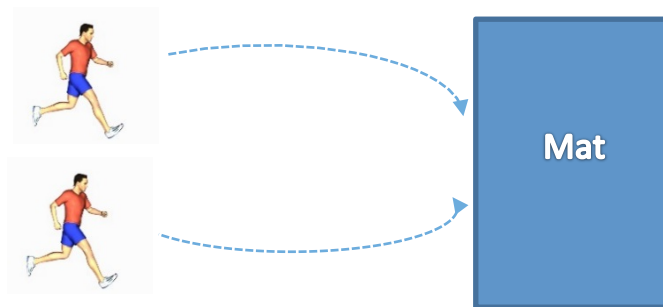
LEVEL A

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.



Takeoff

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

Clearing the bar

10. Jump over the bar. («Clear it!»)
11. Turn in the air and kick your feet up.



Landing

12. Land on your back and shoulders.
13. Finish with a backward roll.



LEVEL 4 HIGH JUMP

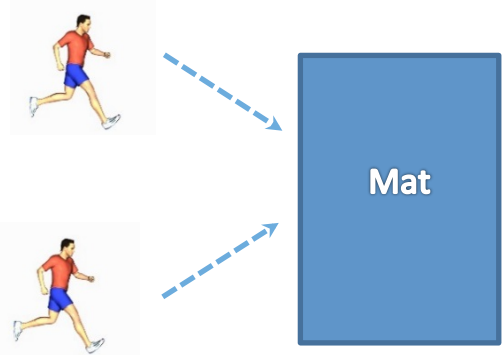
LEVEL B

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



Takeoff

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

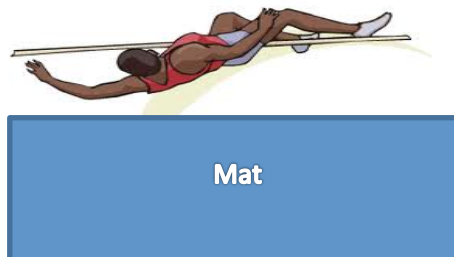
Clearing the bar

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



Landing

8. Land on your back.



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:

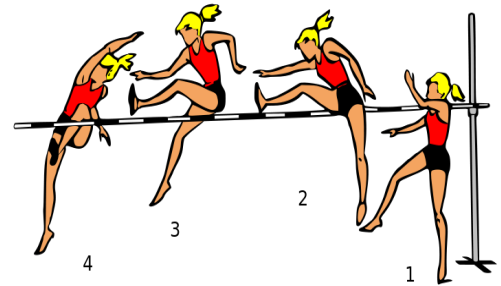
Approach

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



Takeoff

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



Clearing the bar

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

Landing

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

