T.2 Donkey Kicks

Drill Skill Module - Tumbling

Description: Intro to Donkey Kicks

Version 1

1. Athlete puts hands on a mat keeping arms straight pushing through mat with arm muscles / shoulders.
2. Kick legs into the air with an alternating pattern.
3. Start with front leg bent slightly.

Version 2

1. Jump off two legs with hands on mat.

Supplies / Aids:

Video

Equipment Needed:

1. Wall
2. 4-8 Inch Mat

Games:

1. See who can get the straightest legs!
2. See who can get their legs highest off the ground!
3. See who has the straightest arms!

Notes:

Tips & Tricks

1. Bounce donkey kicks on a tumble trak
2. Put hands on a table top type mat structure about to their knees / hips and have them kick up legs. (Video)
3. Put hands on a mat stacked to chest and try to press down while jumping off feet. (Video)
4. Get in a push up and try to kick legs one at a time off the ground. (Video)

TUMBLING