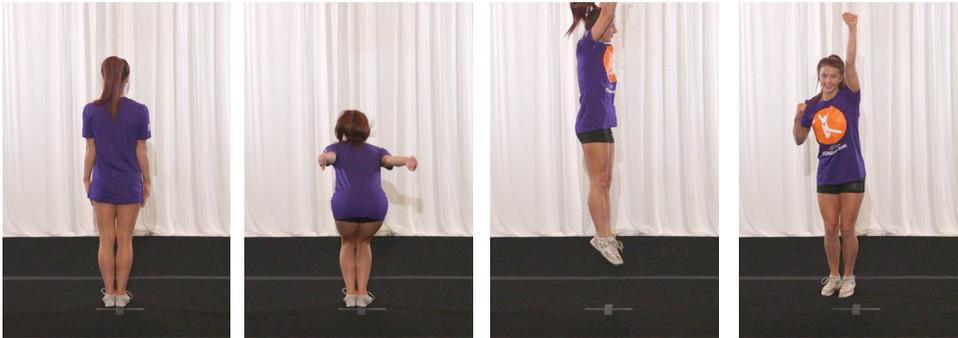


# T.6

## Jump 1/2 Turn Drill Skill Module - Tumbling

**Description:** Intro to Jump 1/2 Turn. This skill teaches how to twist with no other body movement involved. It uses the same body mechanics as a full does later on.



- 1 You start with arms up by your ears.
- 2 Push hips back and bend knees and ankles into a balanced position with shoulders over knees over toes and a straight back (athletic stance).
- 3 As you jump into the air you will turn your head in one direction - looking over the shoulder at the same time pull that arm down straight to your hip and land facing the opposite direction.
- 4 The idea is not to pull shoulder back but by dropping arm/shoulder create torque or twist. Think about pulling opposite shoulder and hip to your twisting shoulder and hip (shoulders switch spots).

### Drill Counts:

Counts	
1	Start in clean-up
2	Bend your knees to hit an athletic stance
3	
4	Jump, push through your toes, turn your head to look over your shoulder and pull same arm down
5	Land in athletic stance
6	
7	Stand and clean
8	

### Supplies / Aids:

Video

### Equipment Needed:

- 1 Mat
- 2 Wall
- 3 Tramp (Optional)
- 4 Tape

### Games:

- 1 Play stick it!
- 2 Play frozen - see who can freeze at the end of 1/2 turn!
- 3 Tape a square around their feet and see if they can land the half in the square!

### Notes:

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### Tips & Tricks



- 1 Jump off of a step and stick the landing (athletic stance). (Video)
- 2 Lie on floor with arms stretched over head. Pull one arm straight down to hip and look over that shoulder to create 1/4 turn. (Video)
- 3 Jump up with arms going up first then pull down. (Video)
- 4 Sit, swing, jump with rubber bands around the hands. (Video)
- 5 Vertical jump practice against wall. (Video)
- 6 Practice it on the trampoline if you have one. (Video)