PT.18 Straddle Jump

Drill Skill Module - Tumbling

Description: Intro to Straddle Jump

1. Stand in good posture - straight line from ear to shoulder to hips to middle of knee to front of ankle- arms by side. Engage core by pulling the belly button to back and squeezing hips linking top of body to bottom of body.
2. Bend into an Athletic Stance (shoulders over knees over toes).
3. Swing the arms forward and up, reaching for the ceiling. Arms moving upward creates a lift of the body. At the same time this lift engages our posterior jumping chain of muscles used to lift our body off the ground.
4. At the top of the jump hit a straddle position (open, close). Focus on the athlete landing with their feet together.

Supplies / Aids:

Video

Equipment Needed:

- Trampoline
- Soft landing/crash mat

Games:

1. Jump in front of a mirror for visual input
2. Use a trampoline and see how many straddle jumps in a row the athlete can do.
3. Use a soft landing / crash mat and do straddle jumps on it.

Notes: