

JUMPING

EXERCISES

These are fun Jumping exercises

EXERCISE 1 SCISSORS JUMP

ORGANISATION

- Standing on the spot jump in the air kicking one leg forward and the other back
- Land with both feet together
- Practise jumping with the right leg forward and the left back and vice versa. As the players become more proficient challenge them to perform the jump after a short run up

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 2 JUMPING SHAPES

ORGANISATION

- Jump to make different shapes; use both standing starts and run ups
- Include jumping jacks, star jumps and tuck jumps

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 3 JUMP AND TURN

ORGANISATION

- On the spot, jump to make quarter, half, three-quarter and full turns in mid air
- Practise turning clockwise and anti-clockwise

KEY POINTS

- Ensure the players turn after take off and not after landing
- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 4 BUNNY HOP

ORGANISATION

- Hop through a ladder placing both feet in every space
- To vary this exercise, hop 2 spaces forward and 1 space back progressing through the ladder

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Land softly with bent knees, straight back and head up



EXERCISE 5 1-LEGGED HOP

**ORGANISATION**

- Hop through the ladder using one leg
- Remember to practise using the left and right leg

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Move at a comfortable pace and use the arms to maintain balance
- Land softly with bent knees, straight back and head up

EXERCISE 6 HIGH FIVES PINKY AND PERKY

**ORGANISATION**

- The players to work in pairs facing each other
- On a signal swing the arms back and using a two footed jump, high five the other player at the highest point possible
- Practise using both the right and left hands
- Progress the exercise by using a short run up; increase the distance of the run up as the players become more proficient

KEY POINTS

- Ensure that the players in each pair are of a similar height
- Do not slap
- Land softly with bent knees, straight back and head up

EXERCISE 7 JUMP THE ARC

**ORGANISATION**

- Imagine the ball approaching on an arc
- Run and jump up the arc to meet it

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

EXERCISE 8 PICKING FRUIT

**ORGANISATION**

- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
- The second player runs from 3 to 4m away and jumps to reach and take the ball from their partner's hand
- Return the ball to the initial player and repeat a number of times before reversing roles

KEY POINTS

- Ensure the players are of similar height
- Take off from close to the player holding the ball and jump to catch the ball on the way up