

JUMPING

EXERCISES

These are fun Jumping exercises

EXERCISE 1 UP ONE, UP TWO

ORGANISATION

- Run and jump upwards and forwards
- Just before the top of the jump bring their arms back behind their head i.e 'up one', and fling them forward, i.e. 'up two'

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 JUMP TO PUNCH

ORGANISATION

- Run and jump upwards and forwards
- Bring one arm back behind the head and punch an imaginary ball at the top of the jump

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 FOSBURY JUMP

ORGANISATION

- Run and jump off one leg, i.e. the take off leg
- Swing the opposite leg and arm high into the air
- Practise jumping off both sides.
- Land one foot at a time

KEY POINTS

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



EXERCISE 4 LOB AND CATCH

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 to jump and catch the ball as the first player pushes the ball up into the air
- Practise jumping off both sides.
- Land one foot at a time
- Return the ball to the initial player and repeat a number of times before reversing roles

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Time the jump to take the ball at its highest point



EXERCISE 5 MOVE, JUMP AND CATCH



ORGANISATION

- The players to work in pairs
- One player in each pair lobs the ball for their partner to move forward, jump and catch
- Catch the ball and pass it back to the thrower moving backwards
- Continue the exercise across the playing area and reverse the roles

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Move and time the jump to take the ball at its highest point

EXERCISE 6 WOBBLE, JUMP AND CATCH



ORGANISATION

- Use an unstable object like a wobble board or cushion
- The players work in pairs
- Jump forward off the wobble board to catch balls thrown at different heights in mid flight

KEY POINTS

- Time the jump to take the ball at its highest point
- Land softly with bent knees, straight back and head up

EXERCISE 7 ADVANCED JUMP AND TURN



ORGANISATION

- Use a bench for this exercise
- Jog along the bench and jump off the end in a variety of different ways
- Use one footed and two footed jumps
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

KEY POINTS

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- Land softly with bent knees, straight back and head up

EXERCISE 8 ADVANCED JUMP AND CATCH



ORGANISATION

- Use a bench for this exercise
- Jog along the bench and jump off the end to catch a pass on or before landing
- Vary the height of the pass
- Introduce a signal for the player to move quickly to the left or right on landing
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

KEY POINTS

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- Land softly with bent knees, straight back and head up