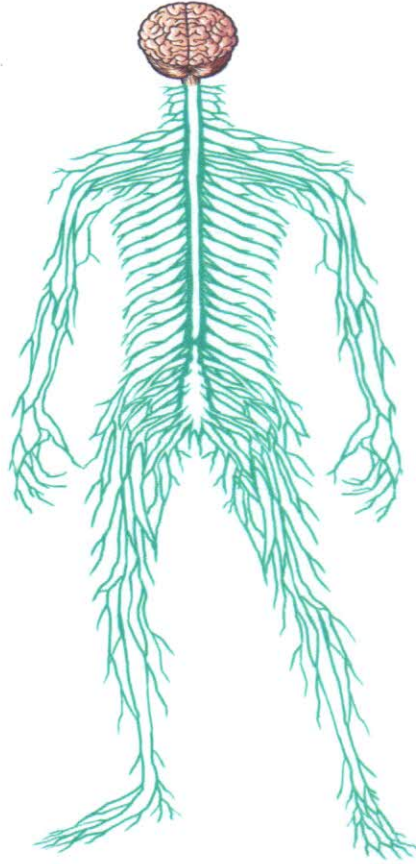


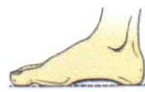
MEGA STABLE BODY!



If we develop great balance and body strength in movement we can improve our PB's!

Example Long Jump - there's no point in going 'Panther' speed down the runway if you

can't control the speed to take-off - ON ONE FOOT!!



So - We going to fire up the correct muscle pathways and direct the power we produce to achieve results.



Equipment for session: hoops, beanbags.

Exercises

1. Two footed jumps into hoops.
2. Tuck jumps x 5.
3. Donkey Kicks x 10 each leg, rest and repeat.
4. Sideways jump and STICK.
5. Single leg balance 'High-Low' - whilst tossing a beanbag to partner.
6. Running knee pick-ups - SLOW SMALL STEPS TO LARGE STRIDES

2018 - High Jump Drills

Equipment: Cones, floor mats, skipping ropes, steps!

RAISE - AEROBIC

BOUNCY JOG, 100m

FLIGHTS OF STAIRS JUMPING UP 1/2 (recover coming down)

SKIPPING

ROPE OPTIONAL

BALANCE/STABILITY

HEEL WALKING (toes pulled up)

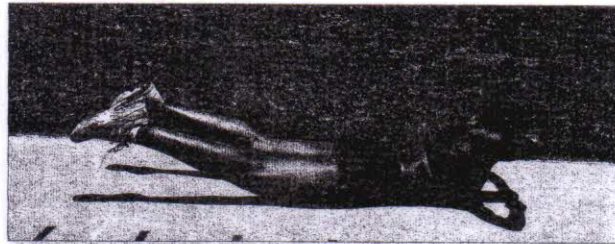
HEEL ROLL UP ONTO TOE

FLEX/MOBILITY/STRENGTH

FLOOR BACK HYPER EXTEND

>> Back Hypers <<

The athlete lies facedown with the arms bent and elbows out to the sides. The hands are in front of the face with the palms down. The athlete lifts the hands, elbows, and upper body while lifting the legs off the ground. The upper and lower body should be raised no more than 3 inches (7.6 cm) off the ground. Only the trunk is on the ground when in the up position.

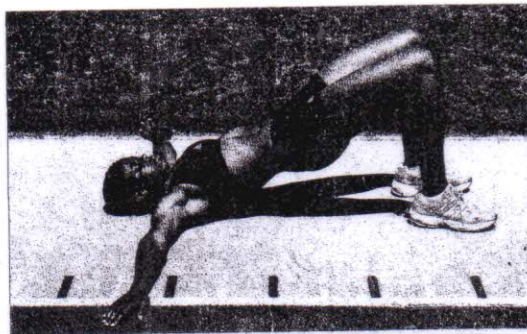


BRIDGE ARCH - walking hands down wall backwards.

BRIDGE SIDE-TWIST-BRIDGE-TWIST-SIDE.

>> Hip-Ups <<

The athlete lies on the back with knees bent and feet flat on the floor. The arms are extended out to the side. Grounding both feet, the athlete presses the hips fully up and down (without touching them to the ground).



HIP UPS

FLOOR HIGH JUMP HIP UP DRILL



SQUATS WITH MEDICINE BALL



DYNAMIC DRILLS

Ankle rolls

Pick ups

Alternate pick up

1-2-3 Jump

Accelerate - fly

On the straight over 20m

START - accelerate - accelerate-accelerate



s-l-o-w

STOP!

START 1-2-3 jump 1-2-3 jump



STOP!