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VERTICAL JUMP

Directions

- Stand with feet shoulder-width apart looking ahead.
- Bring arms back and bend at hips, knees and ankles into a slight squat position.
- Rapidly extend at hips, knees and ankles and bring arms forward to jump as high as possible.
- Cushion landing through bending again at hips, knees and ankles.



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DATE OF SESSION:

	<p style="text-align: center;">STARTING POSITION</p> <p>Feet shoulder-width apart, hands at shoulder height, head up</p> <p>Feet close together, hands by side, head looking down</p> <p style="text-align: center;">5 4 3 2 1</p>	
	<p style="text-align: center;">SQUAT</p> <p>Knees bend, back stays straight and at same angle as shins</p> <p>Back is rounded and not at same angle as shins, feet not flat</p> <p style="text-align: center;">5 4 3 2 1</p>	
	<p style="text-align: center;">JUMP</p> <p>Rapid drive from legs trying to jump as high as possible</p> <p>Slow drive from legs, which lacks power</p> <p style="text-align: center;">5 4 3 2 1</p>	
	<p style="text-align: center;">ARM SWING</p> <p>Arms drive back during squat and drive up quickly to jump</p> <p>Limited or no use of arms throughout</p> <p style="text-align: center;">5 4 3 2 1</p>	
	<p style="text-align: center;">FINISH</p> <p>Lands soft with flat feet, bends hips, knees and keeps balance</p> <p>Lands on toes, limited leg bend, can't keep balance</p> <p style="text-align: center;">5 4 3 2 1</p>	