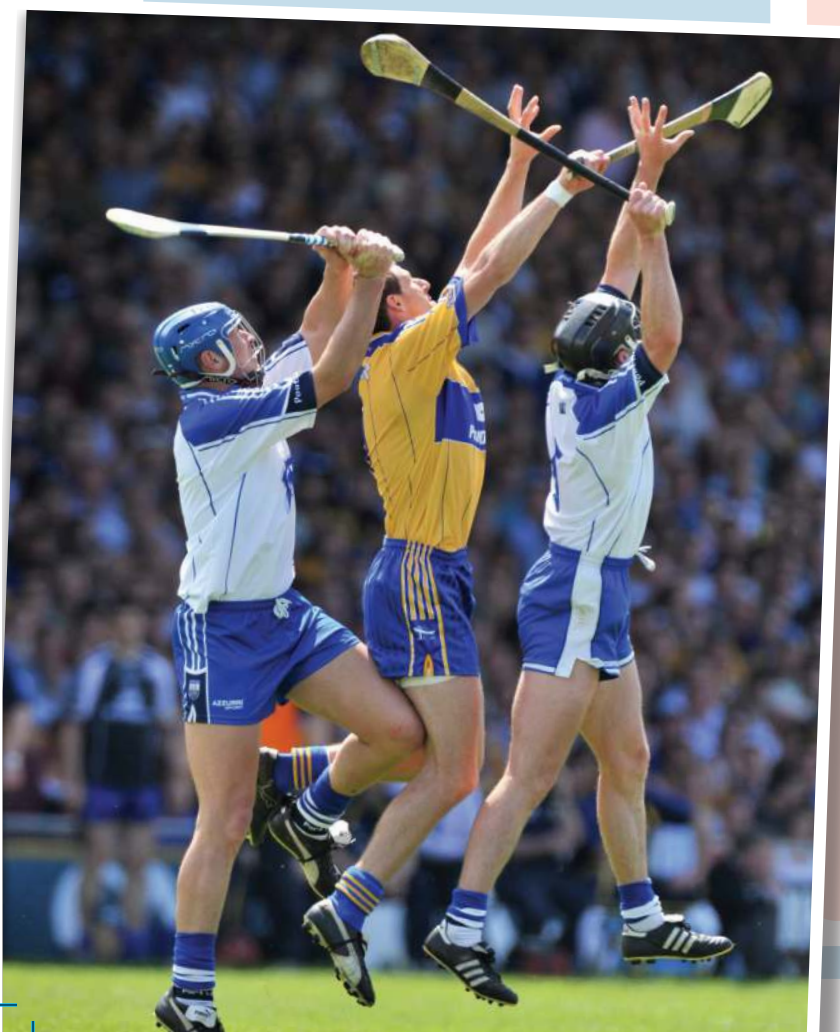


# JUMPING



Jumping is an important skill in Gaelic games. To develop their true potential players need to develop the ability to jump in a variety of directions, over various distances and from a variety of starting positions.



## LEVEL 1 EXERCISES



1

### CRISS-CROSS BOUNCE

Mark out a cross on the ground. Jump around the cross in a clockwise and anti-clockwise direction.



2

### VERTICAL JUMP

Players bend the knees and extend both arms back; perform a two footed jump, springing as high as possible.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

## LEVEL 2 EXERCISES



1

### JUMP AND TURN

On the spot make a jump to make quarter, half, three quarter and full turns in mid air.



2

### JUMP THE ARC

Players imagine a ball approaching on an arc. Players run and jump up the arc to meet it.



3

### PICKING FRUIT

Players work in pairs. One player holds the ball above their head for their partner to run, jump and catch.

## LEVEL 3 EXERCISES



1

### LOB AND CATCH

Players in pairs. One player holds the ball above their head. Their partner runs and jumps and catches the ball as the first player pushes it into the air.



2

### WOBBLE, JUMP AND CATCH

Use an unstable object like a wobble board or cushion. Players work in pairs. Jump forward from the wobble board and catch the ball tossed by the partner.

## VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

**S**pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.