



“Making friends with the ball”

A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

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18. JUMPING FOR POWER

THE CHALLENGE :

Recommended distance:

The average of 3 attempts in succession

Level 1 - Beginners, Level 2 - 140 cm, Level 3 - 150 cm, Level 4 - 160 cm, Level 5 - 170 cm.

Reasons for learning this skill

Strength is one characteristic of a good player. Strength will give the player confidence. It will give him/her explosive power when he/she is running. It will enhance his/her explosion off the mark. The feet and legs of a player are his/her weapons and his/her tools of trade. The stronger and fitter that a player can be will benefit his/her ability to play the game and enjoy it. Double leg bound will provide practice for players as well as give the coach an avenue to measure improvement. It will enhance balance as well. Upon landing the player should remain standing upright for approximately 5 seconds similar to gymnasts when they land after a performance. Strength training can be incorporated into training of young players as long as it is only against their own body weight

Organisation by coach or parent

N.B. To avoid injury, players should warm up and stretch properly, before starting any exercises.

Two players, 2 cones, one tape measure.

Task to practice - the challenge

Double leg long jump (cm), from standing start, (measure from starting toe to finishing heel).

A COACH'S PERSPECTIVE

“Coaches should develop players, not embellish their own egos.”

Coaching hints - things to look for

- the player stands on the soles of the feet (side by side);
- in a bending action with the knees bent as low as comfortable;
- pushing up as powerfully as possible, the player attempts to jump ahead as far as possible;
- arms push up from a low position to assist lift;
- head and upper body forward before final push up and forward thrust;
- head and upper body remain forward upon landing;
- landing is on heel then sole with the player attempting to stay in a stationary position in a crouched position with arms out in front for balance;
- player then straightens legs standing in the landing spot for 5 seconds.

Additional skills practice

Hopping, jumping a rope, running up stairs, running up hills, maze running.

Progressive training practice

Set up a shooting practice with 6 balls and a cone 10 metres behind the balls (vary the distance and the angle in future exercises). The player shoots and returns to the 10 metre mark as quickly as possible 6 times. Count the number of goals scored and time taken.

