



netsetgo!

JUNIOR NETBALL



NETSETGO! Coaching Resource JUMP

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Holden. Go better.



Jump (including hop and leap)

Progressions

Progressions for the fundamental skills of jump/hop/leap are as follows:

- Jump
- Jump and land on one foot
- Leap
- Hop
- Add a ball to the jump – players at this age will stop before they catch the ball
- When landing on one foot to catch a ball, the other foot should be brought down quickly for balance, single foot landings are an advanced skill and players must be able to control the landings prior to adding the ball

Coaching Points

Jump

- Eyes forward or on ball
- Bend at the knees, hips and ankles with arms back
- Bring arms forward and up as legs straighten to take off

Hop

- Eyes forward
- Bend at the knee, hip and ankle with arms back
- Bring arms forward and up as leg straightens to take off

Leap

- Eyes looking forward
- Take off from one foot and land on the opposite foot
- Arms and legs move in opposition

Two Foot Land

- Land softly on two feet shoulder width apart
- Keep body upright

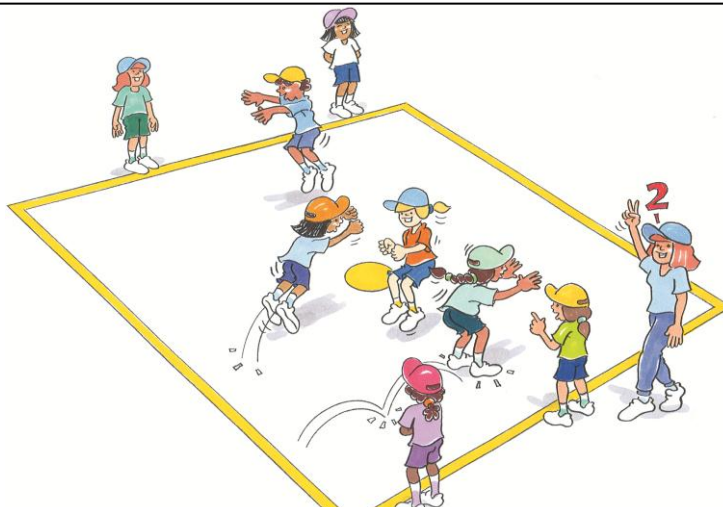
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes

One Foot Land

- If player leads to the right, land softly on the right foot and bring the other foot down quickly, and vice versa
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe

Activity 1 - Jumping Square

Objective: Develop skill of jumping with eyes up.



What to do:

- Players stand evenly around a square.
- Number opposite sides 1, and the other sides 2.
- When the coach calls 1, the two sides jump across the square and exchange places, the other two sides exchange places when their number is called, when the number 3 is called all players jump to the opposite side of the square.

Change it:

Easier – One side moves at a time so all going in the same direction.

Harder – Call a different movement as well as the number e.g. leap, hop, skip.

What you need:

Large area

Activity 2 - Landings off a Step

Objective: Increase ability to land safely.



What to do:

- Jump off a step (make sure it is not too high) on to the ground landing on either 2 feet or 1 foot.
- Hop off a step onto the ground landing on either 2 feet or 1 foot.

Change it:

Easier – Jump from the ground (as shown in illustration).

Harder – Catch a ball on landing.

What you need:

Step

Ball (for advanced players)

Activity 3 - Fancy Frogs

Objective: Develop awareness of different styles of jumping and landing.



What to do:

- Spread markers 0.5m apart in front of small groups of players.
- Players to complete the following activities over the line:
 - One foot leap
 - Two feet jump
 - Hop on right foot then left foot

Change it:

Easier – Remove the markers.

Harder – Jump over the marker; Catch a ball after jumping.

What you need:

Markers

Activity 4 - Elevation – Jump/Leap

Objective: Develop skill of jumping in relation to the ball.

What to do:

- The coach holds a ball high in the air.
- Players line up in small groups five metres away, then run towards the coach, jump/leap and touch the ball.

Change it:

Easier – Jump/leap with reduced run up.

Harder – Grab the ball, land, pivot and pass to the next player who passes it back to the coach.

What you need:

Ball

Activity 5 - Landing on the Circle Edge

Objective: Develop court and space awareness.

What to do:

- Players line up three metres from the circle edge in groups of three.
- The first person in the line runs forward and jumps to land on the circle edge and hold their balance for two-three seconds.
- They join a different line for their next turn.

Change it:

Easier – Add a marker as a guide where to take off.

Harder – Add a ball to be thrown to the player as they land.

What you need:

Goal circle

Markers

Ball (for advanced players)

Activity 6 - Leap from hoop to hoop

Objective: Increase distance in leap and balance on land.



What to do:

- Place hoops in a third of the court.
- Leap from hoop to hoop, balance after each leap.

Change it:

Easier – Reduce the number of hoops.

Harder – Leaps become continuous.

What you need:

Hoops

Activity 7 - Footwork at a Corner

Objective: Develop speed of footwork.

What to do:

- Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities:
 - 10 jumps forward and backward across the line
 - 10 jumps side to side across the line
 - 5 hops on each leg
 - 10 criss-cross legs across the line

Change it:

Easier – Reduce the number of jumps or size of area; Coach calls the activity.

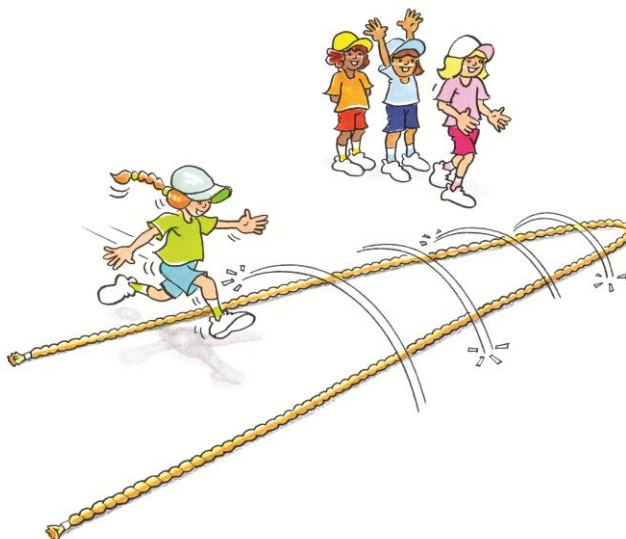
Harder – Increase the speed of running between activities.

What you need:

Lines

Activity 8 - Jump/Leap up the River

Objective: Develop power and increase distance of leap/jump.



What to do:

- Loop a long rope around so it is narrow at one end and wider at the other end.
- Jump/Leap over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end.

Change it:

Easier – Jump/leap over one piece of rope.

Harder – Introduce a competition.

What you need:

Long ropes / chalk

Activity 9 - Leap Frog

Objective: Develop take-off and landing skills.



What to do:

- Divide group into teams of three-four.
- Leap frog the width of the court.

Change it:

Easier – Leap over only one person.

Harder – Introduce a competition.

What you need:

Large area

Activity 10 – Elastics

Objective: Develop jumping skills.

What to do:

- Set up hopscotch elastic between two players/chairs.
- Complete different jumping patterns over the elastic.

Change it:

Easier – Complete the same jumping patterns over lines on the ground.

Harder – Increase the difficulty of the patterns.

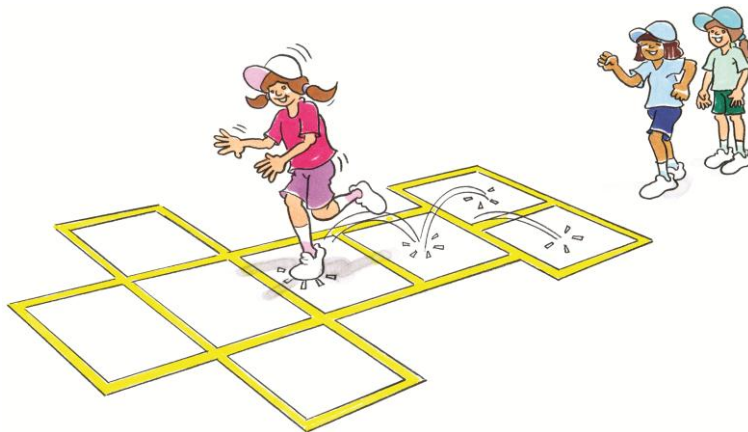
What you need:

Elastics

Chair (or players)

Activity 11 – Hopscotch

Objective: Develop hopping and balance.



What to do:

- Set up hopscotch so players need to hop and jump through activity.
- Variation – make it part of a circuit.

Change it:

Easier – Set up the footwork pattern without the lines

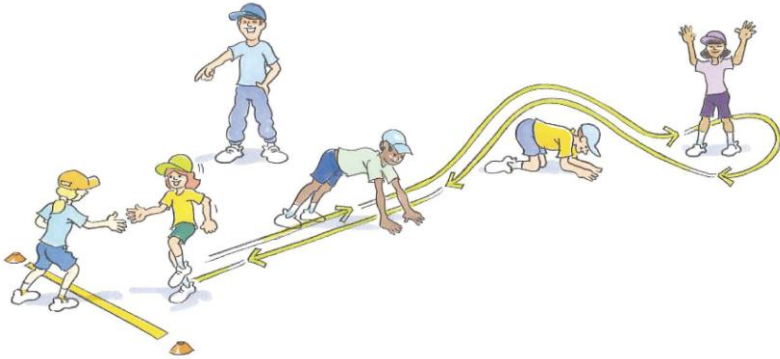
Harder – Introduce a competition.

What you need:

Chalk

Activity 12 - River, Rock, Bridge and Tree

Objective: Development movement in combination.



What to do:

- Four players line up in relay formation.
- The first player runs out to a marker and lays on the ground to form a river.
- The second player jumps over the river, runs to the next marker and crouches down to form a rock.
- The third player jumps the river, leaps over the rock, runs to the next marker and stands astride to form a bridge.
- The fourth player jumps over the river, leaps over the rock, crawls under the bridge and stands with arms out to form a tree.
- Once the river is leapt by the fourth player, they stand up leap over the rock, crawl under bridge, run around the tree and run back to the start.
- The rock, bridge and tree complete the activity in order.
- Repeat with players taking on different roles.

Change it:

Easier – Reduce the number of formations in the relay.

Harder – Introduce a competition.

What you need:

Markers

Activity 13 – Helicopter

Objective: Develop jumping skills in relation to an object.

What to do:

- A coach/player stands in the middle of the circle holding a rope.
- Swing the rope low over the ground so children can jump the rope as it passes.

Change it:

Easier – Start the rope on the ground and swing in a half circle.

Harder – Move the rope faster.

Activity 14 - Two Foot Land and Pivot

Objective: Develop landing and pivoting skills.

What to do:

- Place four hoops in front of a line of three-four players.
- The first player moves forwards and jumps into the first hoop, pivots a full circle (squash the spider with one foot and the other foot follow the hoop around) and then repeats for each hoop.
- The next player begins when the first player is at hoop three.
- Repeat pivoting with other foot.

Change it:

Easier – Jump into the hoop only (no pivot).

Harder – Catch a ball as the player jumps in the hoop.

What you need:

Hoops

Balls (for advanced players)

Activity 15 - Hopping Fight

Objective: Maintain balance whilst hopping.



What to do:

- Players facing each other, across a line, holding each other's upper arms firmly. On 'go', players try to hop their partner over the line. Repeat using other leg.

Change it:

Easier – Hop forward and back over a line with no partner.

Harder – Play Hoppo Bumpo, cross arms and hop and bump partner off balance.

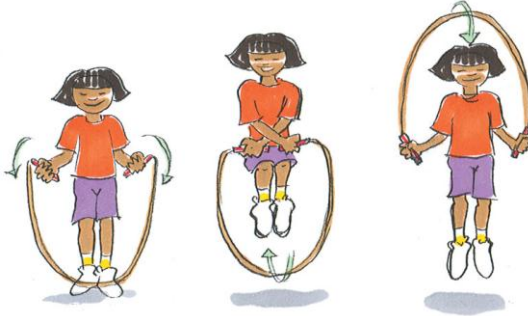
What you need:

Lines

Partners

Activity 16 - Skipping with Small Rope

Objective: Develop jumping skills in relation to an object.



What to do:

- Each child has their own rope.
- Players perform different skipping techniques when called by the coach e.g. forwards, backwards, running step, crossovers.
- Players could also demonstrate their own for others to attempt.

Change it:

Easier – Start the rope on the ground complete one jump at a time.

Harder – Complete more complex skipping techniques.

What you need:

Small skipping ropes

Activity 17 - Jumping/Leaping Large Rope

Objective: Develop jumping skills in relation to an object.



What to do:

- Two players/coaches on the end of the rope.
- One player runs in and begins singing, and acting the rhyme, once the rhyme is completed, change players.

RHYME

Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, climb the stairs
Teddy bear, teddy bear, say your prayers
Teddy bear, teddy bear, turn off the lights
Teddy bear, teddy bear, say goodnight

Change it:

Easier – Swing the rope from side to side, as it comes towards the player they leap over it; Players sing only one line from the rhyme and then exit the rope as the next player enters.

Harder – Stay in the rope and try to have 4-6 children enter one at a time and keep jumping as a group then leave one at a time; Catch and throw a ball while jumping the rope.

What you need:

Large skipping rope

Photos by Glenn Robey/Netball Australia