

Bounding Skills

- Postural Skills
 - The Head
 - The Pelvis
- Contact Skills
- Contact Patterns
- To Grab or Not to Grab
- Swinging Segments
 - Arms
 - The Free Leg

Teaching Philosphy

- Teaching Running Skills
- Teaching Jumping and Bounding Skills
- Teach the Single Leg Takeoff
- Polish the Hop Phase
- Progressively Add Intensity

Bounding Skills



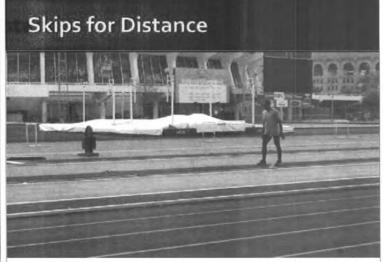
Teaching Bounding Skills

- Components
 - Fundamental Drills
 - Remedial Horizontal Bounds
 - Intermediate Horizontal Bounds
 - Vertical Bounds
- Philosophical Approach to Teaching
- Vertical Bounds and Pelvic Control
- Vertical to Horizontal Progression
- Safety Issues

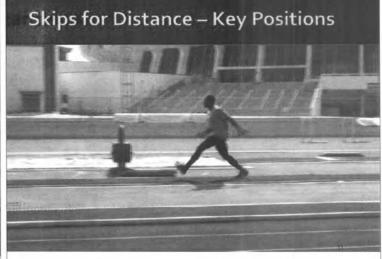
Bounding Skills in the Triple Jump



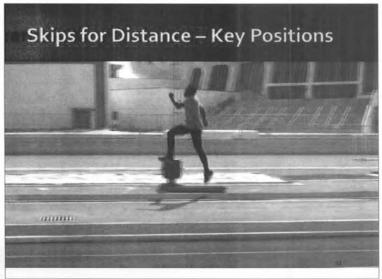


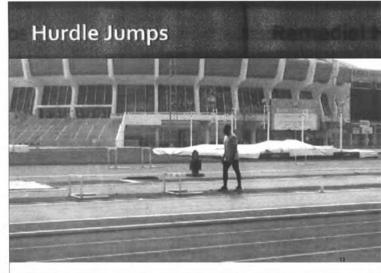


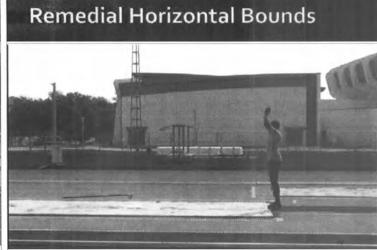


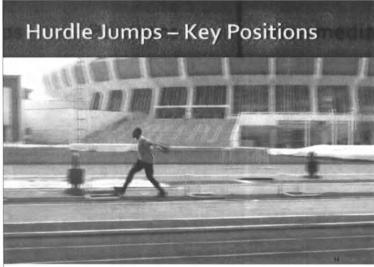




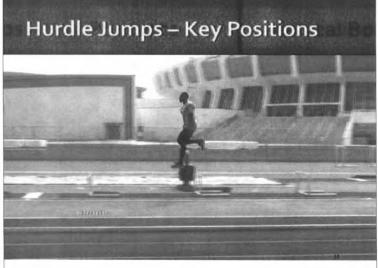














Advanced Horizontal Bounds



Triple Jump Takeoff



Triple Jump Takeoff

- Preparation Minimal or Absent
- The Takeoff
 - Foot Contact
 - Location
 - Contact Patterns
 - Displacement
 - The Free Leg
 - Modifications
 - Thigh Push

Teaching the Takeoff - Staggered Start Jumps



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Triple Jump Preparation



Teaching the Takeoff - Walk Ins



Starter Triple Jumps



The Hop Phase



Short Approach Triple Jumping



The Step Phase

- Step Quality and Pelvic Alignment
- Cause and Effect Coaching
- Trajectory
- The Swing
 - Extension
 - Postural Preservation

The Hop Phase

- The Hop Leg
 - Passive and Patient
 - Reflexes
 - Symmetry Reality and Perception
 - Common Errors
- The Free Leg
- Active
- Extension
- Rotation Control
- Maintaining Contralateral Movement

The Step Phase



The Jump Phase

- Trajectory
- Cause and Effect Coaching

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The Jump Phase





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